BURNHAM-ON-CROUCH PRIMARY

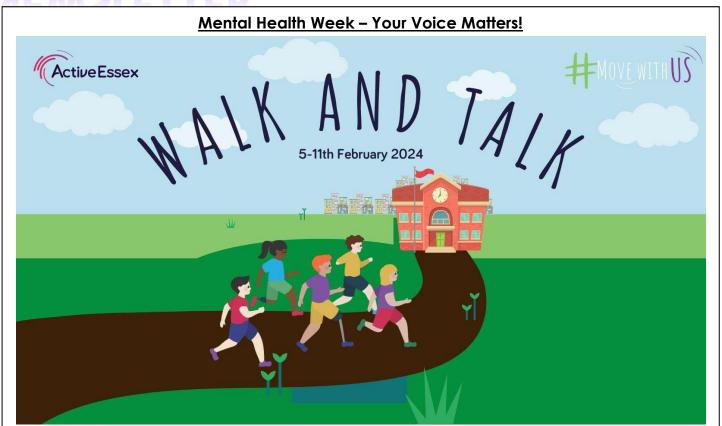
SCHOOL INFORMATION



NEWSLETTER

9th February 2024

Burnham on Crouch Primary School Connected to our world





07.02.24

Year 4

This morning, we spent time 'walking and talking' whilst completing our daily mile for Mental Health Week. The class enjoyed talking about the different topics of discussion with their partners.













Andrew Winton (Senior Mental Health Practitioner from the Mental Health Support Team) will be attending parents' evening from 1.30pm-3pm to support any parents that may wish to speak with him about their child's mental health.



Football Kit

Huge thanks to our neighbours over at Treetops Pre-School who have kindly sponsored a brand new football kit.

Our children will certainly put it to good use!

Pancake Day - Just a reminder Pancake Day is Tuesday 13th February. We will be offering the children the option of a pancake tuck shop with chocolate sauce, lemon & sugar or plain. These will be 50p for **one** pancake each. Please note these must be ordered through parentmail via your account (same as tuck shop/dinner menu) as we cannot accept any cash. This will close at 11.59pm on Monday 12th so please make sure you order in time, as we cannot accept any late orders.





At Nexus Fostering based in Hornchurch, we are looking for local people like you to become foster carers. By providing a loving and stable home environment, you can support the increasing number of children and young people in the local area who cannot live in their family homes. Not all children require long-term care. We also need foster carers for short-term placements, respite care, and to provide temporary homes to support young parents and their babies. So, if you have a spare room and are ready to change lives, please give us a call on 01452491980 or email Bridget Fletcher on bridgetf@nexusfostering.co.uk."



https://burnham-on-crouch-primary-school-pta.sumup.link/

Caring for children with COUGHS



This poster contains information about how to look after a child who has a cough (not due to asthma). For more detail see www.bristol.ac.uk/child-cough



COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/ or eucalyptus) may help children sleep better.





FEVER/HIGH TEMPERATURE In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

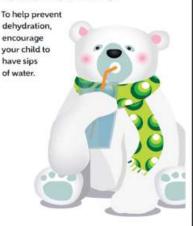
Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.



WHEN TO SEE THE DOCTOR Arrange to see or speak to your doctor today if any of the following occur:

RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

AGE OF CHILD	BREATHING RATE	
Babies under 6 months	over 60 breaths per minute	
Bables 6-12 months	over 50 breaths per minute	
Children over 1 year	over 40 breaths per minute	
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting	
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath	

HIGH OR PERSISTENT FEVER (DEPENDING ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Babies under 3 months	38°C or more
Bables 3–6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days

call 999 or take them to A&E.

VOMITING (DEPENDING ON AGE):

AGE OF CHILD	SYMPTOMS	
Babies under 3 months	Vomiting + fever of 38°C or above	
Babies 3-6 months	Vomiting + fever of 39°C or above	
Children over 6 months	Vomiting + fever + extremely drowsy or listless	
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)	
Any age	Persistent vomiting (more than 2 days)	

SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. If skin, lips or tongue appear blue, call 999.

Pain in the chest (not when coughing) combined with fever and rapid breathing.

HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual

NOT FEEDING

Babies under 1 year: if your child stops feeding entirely.



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Providing NHS services

Most pharmacies can help you with seven common conditions without needing a GP appointment



- Sinusitis (adults and children aged 12 years and over)
- Sore throat
 (adults and children aged 5 years and over)
- Earache (children and young adults aged 1 year to 17 years)
- Infected insect bite (adults and children aged 1 year and over)
- Impetigo (adults and children aged 1 year and over)
- Shingles (adults aged 18 years and over)
- Urinary tract infection (women, aged 16 to 64 years)



Ask your pharmacy for more information about this free* NHS service

















Essex Activate Holiday Activity and Food (HAF)

The February half term is only two weeks away and the half term break is solely funded by Essex County Council, offering free holiday activity and food clubs for young people who are eligible for benefits based free school meals and low-income working families.

Clubs are getting booked up very quickly and we would like to ensure all eligible families are aware of what is on offer and securing their spaces.

Please note for February Half term:

- As half term programmes are smaller and clubs offer less days and spaces, sessions are prioritised for young people and families who require extra support the most.
- Families will not receive or book on with a Holiday Activities voucher.
- To book onto a local club, you will use the <u>Essex ActivAte</u> website.
- Book on with the link, email or contact number provided by the club organisation directly.
- Please note: Clubs will not be running in Thurrock due to half term programmes being solely funded by Essex County Council.

Email: <u>admin@burnham-on-crouch.essex.sch.uk</u>
Website: <u>burnhamprimary.co.uk</u>
Contact: 01621 782070