

ISLEHAM WEEKLY NEWS

Week commencing: Monday 14th October 2019



'HELLO YELLOW' CHARITY DAY



Thank you for your support of our 'Hello Yellow' day last Thursday for the charity 'Young Minds'. The children looked great in their yellow clothes and accessories; it was also refreshing to open up a dialogue about feelings and emotions with the children as we hope that as they grow they will all have the confidence to share any worries they may have with you, a friend or trusted adult, and look out for others when they may be finding things hard. The money raised will be sent off to Young Minds to support their work with children, and the families and professionals of children and young people, who are suffering with poor mental health.

We support families
No one should suffer alone. YoungMinds provide a lifeline to thousands of families, advising and supporting them to understand their child's behaviour and secure the right help.

We empower children and young people
Children and young people with mental health problems are at the heart of everything we do. From our free online resources to our innovative youth engagement programmes, we transform the lives of children and young people.

We campaign for change
We break the silence surrounding mental health by speaking out to change attitudes and policies. Driven by the experiences of our service users, we campaign to build a society where mental health has no attached stigma and ensure that those who suffer get fast and effective support.

We help professionals
Many professionals tell us they don't have the knowledge and training to understand how young people are feeling, spot problems or help if needed. Our training and consultancy work helps schools and professionals make a real difference to young people's mental health.

Leading on from this, we will be holding an 'odd-sock' day after half-term on Tuesday 12th November during our anti-bullying week. We really want all of the children to begin to think about how we treat anyone who is different and celebrate our uniqueness rather than finding this as a barrier to friendships. Please see overleaf:



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Odd Socks Day is designed to be fun! It's an opportunity for children to express themselves and celebrate their individuality and what makes us all unique! There is no pressure on the children to wear the latest fashion or for parents to buy expensive costumes. All they have to do to take part is wear odd socks to school, it couldn't be simpler! Don't forget your odd socks on Odd Socks Day- Tuesday 12th November - no donations required.

GLOW! GLOW! GLOW!

Just to let you know- the PTA will be selling glowsticks and novelties after half term, ready for your Hallowe'en and bonfire night celebrations. They will be sold in the school playground after school on Tuesday 29th and Wednesday 30th October to raise money to support the school this term. Please do pop along to their stall.



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THE VETS VISIT ISLEHAM PRIMARY



The vets visited Reception Class last week from Swayne and Partners Vets in Newmarket. They talked to the children about their job and how they help poorly pets. We looked at photos of pets and named them together. We also looked at different types of pet food and matched them to the correct animal. They taught us how to care for animals and how to stay safe around dogs. The children met Star (a yellow Labrador dog) and two rabbits called Paul and Mary. The children stroked the animals and also listened to Star's heartbeat using a stethoscope.

STAR OF THE WEEK



Congratulations to the following children who have been recognised last week with 'Star of the Week' awards:-

w/c 7.10.19

Year R- Denas for his motivation and enthusiasm to learn

Year 1- Robyn for great detail in line drawing in Art

Year 2- Hattie for using expanded noun phrases in her writing

Year 3- Charlotte for maximum effort in Maths and writing

Year 4- Henry T for showing amazing scientific knowledge and vocabulary

Year 5- Ashton Pa for being ready to learn and giving everything a good go

Year 6- Callum for an excellent attitude since the start of Year 6

Well done too to all the children in Year 1 for their super class assembly all about the rainy weather and their waterproofing experiments in Science.



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ATTENDANCE



As we approach the half-term holiday, I would like to thank all families who have been supportive of our ongoing focus on punctual full-time attendance. Except in the case of serious illness (when, of course, it is essential for children to not be in school to avoid spreading illnesses to others) we are always grateful to have your children with us in school to benefit from what is happening. When we showed information about the attendance statistics in the summer term newsletters, many parents said that they were surprised and shocked about how the year's attendance percentage figures were so closely linked to achievement, and the impact that a holiday and then various days off throughout the year can have on learning for their own child and the rest of the class throughout the year.

Lateness too has a huge impact on your child's learning and the start-times of sessions for the rest of the class. Thank you for aiming to be ready to enter school at 8.50am ready for registers and lessons to start at 8.55am.

MINUTES LATE	IMPACT ON YOUR ATTENDANCE IN A YEAR
5 MINUTES A DAY	= 3.4 days 98.4% attendance
10 MINUTES A DAY	= 6.9 days 97.6% attendance
15 MINUTES A DAY	= 10.3 days 94.6% attendance
20 MINUTES A DAY	= 13.8 days 92.9% attendance

Please can I reiterate that holidays during term-time cannot be authorised for children over five years, except in highly exceptional circumstances... In order to be fair to all families, we ask the County to issue parents with fines for all unauthorised absences over three days.

Please could I also remind families to make contact with the school if their child is not able to attend for any reason? A quick phone call or email is sufficient.

We have had several instances recently where a child has not turned up to school, we could not contact any of the emergency contacts, and no-one knew where the child was. In this situation we have a duty of care and a concern that your child may have gone missing on the way to school- therefore we do need to contact the Police.

ASSEMBLIES THIS WEEK



This week, we will be reading from the book of Matthew Chapter 22 verses 1-14- the Parable of the Wedding Banquet.



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MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
MEAT FREE					
Freshly baked bread	Garlic Bread	Wholemeal	Ciabatta	Poppy seed Wholemeal	Focaccia
Menu choice 1	Quorn dog in a roll with potato wedges	Beef lasagne with salad	Sticky chicken and vegetable wrap	Roast turkey with roast potatoes	Fish fingers & chips with garden peas
Menu choice 2	Jacket potatoes with cheese and coleslaw	Quorn balls in tomato & basil sauce with rice	Jacket potato with cheese & beans	Quorn fillet with roast potatoes	Fishless fish fingers & chips with garden peas
Sides	Seasonal vegetables Selection of salads	Seasonal vegetables Selection of salads	Seasonal vegetables Selection of salads	Seasonal vegetables Selection of salads	Seasonal vegetables Selection of salads
Desserts	Pancake & sauce Sliced fresh fruit	Fruit flapjack Sliced fresh fruit	Cappuccino cake Sliced fresh fruit	Fruit cookie Sliced fresh fruit	Fruit jelly Sliced fresh fruit
<i>Our mission is to make your lunchtime meal the highlight of <i>your</i> day.</i>					

This is the last week for 'Grab & go' Picnic lunches (Option 3) as we do not offer this option in the winter months. After half term a new menu will be in place. There will be 2 options daily.

HEAD LICE

Throughout this term, we have had ongoing cases of head lice reported (and seen!) in school.

Head lice are tiny brown insects that can only live on human hair. They survive by sucking blood from the scalp. Head lice are easily spread by close contact, but do not spread disease.



Magnified photo of a louse

Head lice are very common, especially among school children and can affect anyone. Head lice are not a serious problem, but they are difficult to remove. Therefore, I have provided advice overleaf from the NHS Great Ormond Street site to support you in knowing how best to get rid of them. If your child does have head lice, please keep going with the wet combing method described overleaf until there are no further signs, and treat all members of the family.



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What causes lice?

Head lice are tiny brown insects around three millimetres long – roughly the size of a sesame seed. They lay their eggs (nits) at the base of hair follicles. The eggs hatch after around seven days. They are fully mature adults, able to reproduce themselves, around two weeks later. The life span of a female louse is around 40 days, during which time it can lay more than 100 eggs.

Lice only live on human scalps and they are not passed to or from animals. They can't fly or jump but use their six legs to hold on tightly to scalp hairs.

Head lice can affect anyone and having them is nothing to do with hair type or style. Nor is having head lice a sign of dirty hair. They are usually passed by hair-to-hair contact. The lice simply walk from one head to another. Outbreaks often occur in schools as children work and play closely together. The lice die after a couple of days away from a human scalp.

What are the signs and symptoms of lice?

Head lice are usually visible in the hair and on the scalp, especially during brushing. Some children might also feel itchy. The eggs are white in colour and can be found near the scalp. Head lice can reproduce and mature very quickly, so a few can quickly grow in number over a very short period of time.

How are lice normally diagnosed?

A child has head lice if you can see them in their hair. There might also be tiny red spots on the scalp. A doctor can only confirm the diagnosis if they find a live louse.

How are lice normally treated?

If you suspect head lice, check the base of the hairs for eggs. They are oval, yellow or white, and tiny, less than one millimetre long. Also look carefully at the hair to see if you can spot adult lice. Favourite spots for infestation are behind the ears, and at the nape of the neck. If you can't see anything, try combing the hair with a fine toothed comb over a piece of white paper to see if any lice drop out. **Most people prefer to try natural methods to treat this problem first. This is a good idea because lice are becoming increasingly resistant to chemical treatments.** The most effective is wet combing but it is hard work and you'll need to be persistent.

The best procedure is as follows:

- Wash the child's hair and apply a generous amount of conditioner, which should be left in.
- Use a good quality fine toothed steel comb and comb the child's hair in small sections over a piece of paper so you can see the lice drop out. Wipe the comb clean on a piece of tissue between each stroke.
- Continue until you can't see any more lice or nits after combing. This will probably take at least half an hour.
- Repeat every three or four days for at least two weeks so you remove any hatching lice before they have the chance to lay new eggs. **You can't remove the eggs by combing, only the lice.**

Alternatively you could try an insecticide lotion. You will need to apply the lotion to all areas of the child's scalp. It usually needs to be left in for up to 12 hours. For most brands, two applications a week apart are needed.

If lice are still present after the second application, they may be resistant to it. Try a different brand with different active ingredients.

It can take several treatments to get rid of the eggs and lice completely. Medicated shampoos and lotions contain quite strong chemicals, so some people may have an allergic reaction to them. These lotions are not usually recommended for babies under the age of six months. Some brands are not suitable for children with asthma.

What's going to help?

Cleaning combs and brushes regularly helps prevent transferring the lice back onto the scalp. Try not to share brushes with other people. Maybe have one for each child.

Check the rest of the family for signs of head lice and treat if necessary. Inform friends and family who may come into contact with a child with head lice. Also remember to alert the child's school.

How can I reduce the risk of lice?

Check the child's hair regularly for signs of head lice. Start treatment as soon as possible if the child has them. Do not use medicated lotions as a preventative measure. This only encourages resistant strains of head lice to emerge.

What happens next?

Head lice are not a serious condition and are not dangerous, but they can be very irritating for your child or family... It is best to tackle any signs early to prevent passing on to others. Please help us get rid of them at Isleham Primary!



DATES FOR YOUR DIARY THIS TERM

Weds 16.10.19	6.00pm Governors Resources Committee Meeting
Fri 18.10.19	2.45pm Year 4 Class assembly
Mon 21.10.19- Fri 25.10.19	HALF TERM WEEK
Mon 28.10.19	PD Day- school closed for staff training
Tues 29.10.19	PTA Glowsticks on sale after school
Weds 30.10.19	PTA Glowsticks on sale after school
Fri 1.11.19	2.45pm Year 2 Class assembly
Tues 5.11.19	PTA Firework-themed non-uniform day- details to follow
Thurs 7.11.19	Reception First Class photo in Ely Standard
Fri 8.11.19	6.30pm Resources Committee meeting
Sun 10.11.19	10.45am Remembrance Parade and service in St Andrew's Church- House Captains invited to attend
Mon 11.11.19	Anti-bullying week starts
Tues 12.11.19	Anti-bullying week- celebrating our 'uniqueness' -ODD SOCK DAY. Wear odd socks with your uniform. No donations required.
Fri 15.11.19	Flu Vaccinations in group room 2.45pm- Year 5 Class assembly
Fri 22.11.19	2.45pm Year 3 Class assembly
Thurs 28.11.19	2.30pm- Christingle Service in St Andrews Church
Fri 29.11.19	2.45pm Carol singing on the Playground 3.30pm- 5.30pm PTA Christmas Fair
Thurs 5.12.19	6pm P&S Committee Meeting
Fri 6.12.19	2.45pm Year 6 Class assembly
Mon 9.12.19	1.45pm Year R nativity dress rehearsal
Tues 10.12.19	2pm- Year R Nativity 1 of 2
Weds 11.12.19	10.00am Year R Nativity (2 of 2) 2pm Year 1 & 2 Xmas play dress rehearsal
Thurs 12.12.19	2pm Year 1&2 Xmas Play 1 of 2
Fri 13.12.19	10am Year 1 & 2 Xmas Play 2 of 2
Mon 16.12.19	NO CLUBS THIS WEEK
Fri 20.12.19	Autumn Term ends
Mon 6.1.20	Spring term starts

Term dates 2020-21

Please see next year's term dates below:-

Autumn Term 2020

Thursday 3.9.20 PD Day
Friday 4.9.20 PD Day
Monday 7.9.20 Autumn 1 term starts
Year 1-6 children
Thursday 3.9.20-Monday 9.9.20
Reception home visits
Tuesday 8.9.20 Autumn 1 starts
Reception year
Friday 23.10.20 Half term starts after school

Monday 2.11.20 Autumn 2 term starts

Friday 18.12.20 Xmas hols start after school

Spring term 2021

Monday 4.1.21 Spring 1 term starts
Friday 12.2.21 Half term starts after school
Monday 22.2.21 Spring 2 term starts
Friday 26.3.21 Easter hols start after school

Summer term 2021

Monday 12.4.21 PD Day
Tuesday 13.4.21 Summer 1 term starts
Friday 28.5.21 Half term starts after school
Monday 7.6.21 PD Day
Tuesday 8.6.21 Summer 2 term starts
Wednesday 21.7.21 Summer term ends after school
Thursday 22.7.21 PD Day



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JTAs (JUNIOR TRAVEL AMBASSADORS FIRST MEETING)

Our Year 5 JTAs were excited today to hold their first meeting and to meet with Maree Richards from Cambridgeshire County Council who runs the scheme throughout Cambridgeshire.

Maree presented the children with their JTA hi-vis vests, diaries and badges, and we had our photo taken with Lois and Millie who won our road safety banner competition too!

We are looking forward to telling you more about staying safe and active travel throughout the year.



COMMUNITY NEWS

HAVE A FANTASTIC HALF TERM HOLIDAY! Many of the local sports centres and Premier Education are offering activities during the half term week, as well as the Norwich City FC- see below. Please look at their websites for more details.



NORWICH CITY FC REGIONAL DEVELOPMENT PROGRAMME

WEEKLY SESSIONS

MONDAY 5-7 PM

NORTH CAMBRIDGE ACADEMY MATCH NIGHT

WEDNESDAY 5-7 PM

CAMBOURNE MATCH NIGHT

THURSDAY 6-7 PM

ELY PLAYER TECHNICAL CENTRE

FRIDAY 6-7 PM

NEWMARKET PLAYER TECHNICAL CENTRE

HOLIDAY CAMPS

NORTH CAMBRIDGE ACADEMY

CAMBOURNE VILLAGE COLLEGE

BURWELL SPORTS CENTRE

ELY COLLEGE

KINGS ELY

FOR MORE INFORMATION VISIT

- WWW.CANARIES.CO.UK/RDP (BOOK ONLINE)



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TEAMWORK

DISCIPLINE

RESPECT

ENJOYMENT

SPORTSMANSHIP

Come and

*Enjoy being part of a fun
team and making friends*

PLAY *minis* RUGBY



Safe surroundings with DBS checked coaches, RFU Accredited Club

All abilities aged 5-12 welcome!

Sunday Training

6-11yrs from 10am

13+yrs from 11am

Newmarket Rugby Club, Elizabeth Avenue,
Newmarket, CB8 0PJ

For more information contact our
Youth Chairman, Steve Kelleher on
email stevekatnrufc@icloud.com
www.newmarketrufc.com

NO LIMIT ON
NUMBERS

NEWMARKET



RUFC

GET FIT,
GET MUDDY,
GET SOME RUGBY!!

TEAMWORK

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