



## Harvest Term Newsletter 2

Dear Parents,

### Trips and Visits

It is always exciting when our trips out of school start again. So far this term Years 4, 5 and 6 visited Norwich Cathedral to listen to author Hannah Gold talk about her new book Turtle Moon (see photo above).

It was a busy morning as Years 5 and 6 had to be back at school in order to speak with our local Police Officer who talked about keeping safe online.

Next week it is Year 1's turn; they will be taking part in their history trip, learning about toys from the past (I think I may have a few of those myself)!

### Parents' Evenings

We will be having our Harvest term Parents' evenings on Tuesday 15<sup>th</sup> and Wednesday 16<sup>th</sup> October. This is to discuss how your child has settled into their new class. You should have received a letter this week with a slip to return by Thursday 10<sup>th</sup> October to book an appointment. Appointments will be sent out on Friday 11<sup>th</sup> October.

### Flu Vaccinations

If you have completed the form to allow your child to have the flu vaccination this year, they will be receiving it on Tuesday 15<sup>th</sup> October.

### Lost Property

We already have a large amount of lost property this term! If your child has lost an item of clothing please come and look in our lost property box. As far as possible, we always return named items to their rightful owners so please make sure that every item of clothing your child brings in is labelled.

### Too Ill For School?

It can be tricky deciding whether or not to keep your child off school when they're unwell.

There are government guidelines for schools and nurseries about [health protection and managing specific infectious diseases at GOV.UK](https://www.gov.uk/government/guidance/health-protection-and-managing-specific-infectious-diseases-at-school). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone school on the first day. Let us know that your child won't be in and give us the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

A full list of childhood illnesses and what to do can be found below:

### High temperature

If your child has a [high temperature](#), keep them off school until it goes away.

### Feeling anxious or worried

It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache or have problems eating or sleeping.

Avoiding school can make a child's anxiety about going to school worse. It's good to talk about any worries they may have such as

bullying, friendship problems, school work or sensory problems. You can also work with the school to find ways to help them.

If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP or school nurse.

[Find information and advice about how to help children with anxiety](#)

### Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a high temperature, keep them off school until it goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

### Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

### Cold sores

There's no need to keep your child off school if they have a [cold sore](#).

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

### Conjunctivitis

You don't need to keep your child away from school if they have [conjunctivitis](#), unless they are feeling very unwell.

Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

### COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school.

Your child should try to stay at home and avoid contact with other people if they have [symptoms of COVID-19](#) and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

### Ear infection

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

### Hand, foot and mouth disease

If your child has [hand, foot and mouth disease](#) but seems well enough to go to school, there's no need to keep them off.

Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

### Head lice and nits

There's no need to keep your child off school if they have head lice.

You can treat [head lice and nits](#) without seeing a GP.

### Impetigo

If your child has [impetigo](#), they'll need treatment from a pharmacist or GP, often with antibiotics.

Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

### Measles

If your child has [measles](#), they'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily.

Keep your child off school for at least 4 days from when the rash first appears.

They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

### Ringworm

If your child has [ringworm](#), see your pharmacist unless it's on their scalp, in which case you should see a GP.

It's fine for your child to go to school once they have started treatment.

### Scarlet fever

If your child has [scarlet fever](#), they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

### Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have [slapped cheek syndrome](#) because, once the rash appears, they're no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

### Sore throat

You can still send your child to school if they have a [sore throat](#). But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of [tonsillitis](#).

### Vomiting and diarrhoea

Children with [diarrhoea or vomiting](#) should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

### Well done!

Finally, a big shout out to Iona, who had her head shaved for the charity The Little Princess Trust, a charity who provides free wigs for children and young people who have lost their own hair through cancer. Iona raised a grand total of £1200 which is an amazing amount. Well done Iona for such a selfless act of kindness.

Kind regards,  
Darren

#### Useful Dates:

**Tuesday 8<sup>th</sup> October:** Friends AGM, appointing committee members and agreeing the constitution at The Forum Café 7:00pm

**Wednesday 9<sup>th</sup> October:** Year 1 History trip

**Monday 14<sup>th</sup> October:** Individual Photos (all year groups)

**Tuesday 15<sup>th</sup> October:** Flu Vaccinations (all year groups)

**Tuesday 15<sup>th</sup> and Wednesday 16<sup>th</sup> October:** Parents' Evenings

**Friday 18<sup>th</sup> October:** Last day of Harvest Term

**Monday 4<sup>th</sup> November:** First day of Christmas Term

**Communication and Information Easy Access**

**Newsletters:** <http://www.freeschoolnorwich.org.uk/parents/newsletters/>

**Facebook:** <https://www.facebook.com/The-Free-School-Norwich-102238845787805>)

**Twitter:** <https://twitter.com/freeschnorwich>

**OFSTED Parentview:** <https://parentview.ofsted.gov.uk/>

**Calendar:** <http://www.freeschoolnorwich.org.uk/school-calendar/>

**Set Your Sights** <https://www.setyoursights.net/the-free-school-norwich>

**Premier Holiday Club** [https://www.premier-education.com/parents/venue/courses/18652/?location=nr1%203nx&distance=0.0&distance=0.0&type\[\]=Hol](https://www.premier-education.com/parents/venue/courses/18652/?location=nr1%203nx&distance=0.0&distance=0.0&type[]=Hol)

**Amazon Wishlist:**

[https://www.amazon.co.uk/hz/wishlist/ls/1H53OWPFNIFOO?ref=wl\\_dp\\_view\\_your\\_list](https://www.amazon.co.uk/hz/wishlist/ls/1H53OWPFNIFOO?ref=wl_dp_view_your_list)



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