



Autumn Term Newsletter

Number 428 – 10th November 2023



Dear Parents

This week our Year 6 children have enjoyed a fantastic week at The Gordon Brown Centre. The children had a lot of fun and not very much sleep! The children took part in so many wonderful activities and experienced so much throughout their stay.

Thank you to Mr Pridding, Mrs Walsh and Mrs Fernandes who gave up their week to accompany the children. Trips like this would not be possible without the commitment of my staff and I am very grateful for that.

Anti-Bullying Week

Next week is National Anti-Bullying week and your child will be discussing this in class during the week. The theme for Anti-Bullying Week 2023 is: Make A Noise About Bullying. Anti-Bullying Week will happen from Monday 13th - Friday 17th November and will start with an assembly for the whole school. It will end with Odd Socks Day on Friday 17th. Children are encouraged to wear odd socks to school on Friday to mark this event.

Phonic Workshop for Parents of children in Reception and Year 1

On Tuesday 31st October and on Tuesday 7th November workshops were held for parents of children in Reception and Year 1. Unfortunately, there was not a great turn out for these workshops, which was very disappointing. These workshops are intended to help parents understand how we teach phonics in school so they can better support children at home. I would like to thank the parents who took the time to attend these meetings.

Times tables

If your child is in Year 3 to Year 6, can you please take the time to ensure that your child learns their times tables. Children in Year 4 will sit a test on times tables later in the year and we are discovering that many children do not know their times tables. We have a subscription to Times Tables Rockstars, please ensure that your child uses this regularly. If children do not learn their tables, then they will have to do this during Silver Time.

Open Evening

Letters have gone out inviting you to a meeting with your class teacher. These meetings will take place on Monday 13th November and Monday 20th November. It is very important that you attend. Year 5 meetings will take place on Thursday 16th and Thursday 23rd November.

Careers' Week

We are planning on holding a careers' week on Monday 27th to Friday 1st December. If you are able to give up even an hour of your time to talk about your job or a previous job you have held, please let us know. We need people from ALL types of job and all walks of life. No matter what you do we would love to hear from you. If you cannot help yourself but know someone else who might be willing, we would love to hear about them also. I do appreciate that it may be difficult for some firms to give time off but many places are willing when it is for a school as work within the community such as this is actively encouraged and allows for the opportunity to promote businesses.

School Photographs

Kittle photographer will be in school on Monday 13th November.

Bags2School Collection

The next collection will be on Monday 13th November. Please bring any clothes by Monday morning. The more clothes we collect, the more money is raised for the school. Please support us with this. Thank you.

Should you have any queries please contact us on: admin@clitherow.brent.sch.uk
iheath@clitherow.brent.sch.uk or bnolan@clitherow.brent.sch.uk

PE

Please ensure that your child wears the **school jogging bottoms for PE** as this lesson takes place outdoors and the weather is now much colder and shorts are no longer appropriate. Children are not permitted to wear tights under shorts.

Spare Clothes

At this time of year, with the wet weather we are currently experiencing, many children are arriving to school with wet clothes. We also have had children who have had tummy bugs and ended up with unwearable clothes. Unfortunately, we do not have much spare clothing available in school. We would ask that all children have a set of spare clothes in school for such emergencies, including socks and underwear.

We need more underwear urgently, can you help? We need all sizes, both girls and boys. If you have any unworn underwear that you do not need, can you please send this in to school.

Punctuality

Punctuality I would just like to urge all parents to please ensure your child is in school on time. Most children, we are pleased to say, do come on time but we still want to ensure that all children are present on time and do not miss out on valuable learning time. We have our free Magic Breakfast from 8:15 every morning and would love to see more children attend. As well as having bagels, we also have lots of activities for the children to enjoy in the mornings, including, Lego, board games, reading books, colouring and many puzzles. The EWO will make unannounced visits and monitor punctuality so please make an effort to get your child/ren to school on time.

Contact numbers

Please ensure that the office has the most up to date contact numbers so that we can update your records. It is extremely important that we have three numbers that enable us to contact you in case of emergency.

November

As always, in this month of November, we commemorate those who have died. We remember and pray for those who have gone before us and whose loss we feel. Year 5 led our Remembrance Day Assembly this week on Thursday. It was very thought provoking and helped us understand why we commemorate this important event every year. A two minute silence was also observed by all classes on Friday.

*May the hand of God hold them,
The peace of God enfold them,
The love that dreamed and formed them still surround them.
May the light of God be beside them;
Above, beneath, inside them,
The light that shines to guide them home to the loving hand of God.
May the angels lead them into paradise,
May the martyrs come to welcome them,
And may all the holy ones escort them to the holy city,
the new and eternal Jerusalem
where they will enjoy God's presence forever.*

Thank you for your ongoing support.

Have a lovely weekend,

Mrs Heath





News Items



Children who have been awarded certificates w/e

Year 1 - See next newsletter

Year 2 - See next newsletter

Year 3 - See next newsletter

Year 4 - See next newsletter

Year 5 - See next newsletter

Year 6 - See next newsletter

Class Saints Day

The children can wear their own clothes and celebrate their Saint.

Reception: St Francis of Assisi – 4th October

Year 1: St Patrick – 17th March

Year 2: St David – 1st March

Year 3: St Andrew – 30th November

Year 4: St George – 23rd April

Year 5: St Vincent De Paul – 27th September

Year 6: St Martin de Porres – 3rd November

FORTHCOMING DATES

13 th Nov	Kittle Photographer in Open Evening
13 th Nov	Bags2School clothes collection
15 th Nov	Nursery Workshop in Hall 2.15pm
16 th Nov	Open Evening for Year 5
20 th Nov	Open Evening
22 nd Nov	Reception & Nursey Parent coffee Afternoon in School Hall 2.30pm
23 rd Nov	Year 3 Welsh Harp Trip
23 rd Nov	Open Evening for Year 5
24 th Nov	Own clothes day, bring gift for Christmas Tombola
27 th Nov – 1 st Dec	Careers and Aspirations Week
29 th Nov	Year 6 Kingsbury temple
29 th Nov	Year 4 British Museum
8 th Dec	*Christmas Fayre*
21st Dec	Last day of Autumn Term
Please check out the calendar on the jotter for dates and times of events.	

ATTENDANCE WEEK COMMENCING 30th Oct to 3rd Nov 2023

Year 1 – 97.5%
Year 2 – 91.4%
Year 3 – 89.7%
Year 4 – 96.6%
Year 5 – 87.5%
Year 6 – 88.8%
Whole school overall – 91.9%

ATTENDANCE WEEK COMMENCING 6th Nov to 10th Nov 2023

Year 1 – 92.0%
Year 2 – 94.1%
Year 3 – 85.4%
Year 4 – 91.4%
Year 5 – 91.3%
Year 6 – 99.3%
Whole school overall – 92.3%

Every school day counts. Every lesson counts.

We are regularly reminding parents and carers about the importance of pupil attendance and punctuality. This half term we have seen a growing number of pupils reporting as absent from school and with no recorded reason. At St Margaret Clitherow's, we are committed to encouraging and supporting parents in ensuring their children achieve maximum possible attendance and that any problems that prevent this are identified and acted on promptly.

If your child is unable to attend school for any reason, it is important that the school is informed by 9am. Failure to do so, will mean we will want to speak with you about any unauthorised absence. You are committing an offence if your child misses school regularly because of unauthorised absences. This will result in Our Education Welfare Service (EWS) making contact with families inviting them to attend a formal meeting to discuss your child/ren persistency absence record.

The EWS has legal powers to give parents:

- a formal warning
- an Education Penalty Notice - a £120 fine which is reduced to £60 if paid within 21 days
- an Education Supervision Order
- a Parenting Order.
- in very serious cases the EWS will prosecute.

We have also seen a drop in some pupils' punctuality this term where pupils are arriving to school after 9am. The school gates will close promptly at **8.50am**. Families arriving after this time are officially late and must report to the school office to sign the lateness book. Learning starts at 8.50am for all pupils and therefore it is important that your child/ren are on time and punctual every day. The school operates a 'Soft Start' where the gates are open from 8:30am allowing for 20 minutes before the official start of the day. This supports pupils to settle and prepare themselves for a full day of learning.

From the Autumn term, the EWO (Education Welfare Officer) will be making unannounced visits to the school and will be present on the school gate. She has already made her first visit this week.

Should families be late, the EWO will be talking directly with you.

To avoid this, **PLEASE BE ON TIME!**

Please work with the school to ensure that your child/ren have



School Prayer Focus

November 2023

November is the month of the Holy Souls.:

Children can pray for the eternal rest of family and friends who have died, those who have no one to pray for them and those who are bereaved.

A popular method of collecting prayer intentions is in the form of a Remembrance book or a basket in which to place the names of people on shaped paper, e.g. crosses, flowers etc. who have died. You can start one on your class prayer table.

Seasonal Prayers November:

Eternal Rest

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.

May they rest in peace. Amen.



This month our gospel value is Respect. We will be focussing on how God recognises the dignity of every human person and appreciates difference and diversity. We are learning at school about the importance of treating others with respect even if we sometimes do not agree with the way they behave or the things they say. We have also been thinking about how we should treat the things that belong to us and to other people respectfully.

What does the word respect mean to you?

Respect does not mean that we always agree with the other person but that we are prepared to listen and share our views without rudeness or impatience.

Can you think of ways you have been shown respect by others? How can we show respect to our friends and family?

How can we show respect people at school?

Try out one of those things and see what happens.

NEWSLETTER

Brent School Nursing
Issue 06 | Autumn 2023 | For Primary School

WELCOME TO OUR AUTUMN NEWSLETTER!

Our newsletters aim to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.

WHO WE ARE

Brent school nurses work in all state-funded schools in Brent. School nurses help promote and look after children and young people's physical and emotional health. We work across education and health, providing a link between school and home for children and young people aged five to 19-years-old.

BIG
Congratulations!

TO



for achieving Asthma Friendly School status

PROTECT YOUR SMILE



46% of children in Brent were identified to have one or more decayed, missing, or filled teeth. Brent also has the highest prevalence of dental decay in 5-year olds in London.

Top tips on how to take care of your teeth:

Take your child to the dentist when their first milk teeth appear or their first birthday. Take your child for regular dental check-ups as the advised by the dentist.



Brush at least twice daily for about 2 minutes with fluoride toothpaste. Brush last thing at night before bed and at least on 1 other occasion.

Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.



NHS dental care for children is free.

Helpful links and sources:

[Find a dentist near you](#)

[Children's Teeth](#)

[Community Dental Service Brent and Harrow](#)

EVENTS THIS AUTUMN

Autumn: 23 September – 21 December 2023

29 September	Mooncake Festival
1–31 October	Black History Month
10 October	World Mental Health Day
15 October	Global Handwashing Day
24 October	United Nations Day
31 October	Halloween
5 November	Guy Fawkes Night
11 November	Remembrance Day
13 November	Diwali
14 November	World Diabetes Day
20 November	Universal Children's Day
23 November	Thanksgiving Day
7–15 December	Hanukkah



BRENT SCHOOL NURSING TEAM IS HERE FOR YOU!



If you would like to speak to a school health nurse, please call our 0-19 Single Point of Access number 020 8902 4900. We will call you back if you leave a message.



You can also contact us through email on: clcht.brentsnspoduty@nhs.net



We are based at:

Sudbury Primary Care Centre, Watford Road, Wembley HA0 3HG

Willesden Centre for Health and Care, Robson Avenue, London NW10 3RY

COUGH AND COLDS

Cough and colds are more common during the chillier months of the year. Viruses such as the rhinovirus spread more easily in lower temperatures and humidity. Most will make a full recovery within 5 to 7 days or up to 2 weeks without needing treatment.



Signs and symptoms

- A raised temperature
- Headaches
- Muscle aches
- Pressure in your ears and face
- Blocked or runny nose
- Sneezing
- Cough
- Sore throat

Go to A&E or call 999 if your child:

- Has severe difficulty breathing
- Unable to swallow fluids or saliva
- Isn't showing normal colour of skin, lips, and tongue – very pale, blue, or purple

If you're very concerned about your child, trust your instincts and phone your GP or 111 for advice, or 999 in an emergency.

Managing symptoms:

- Encourage your child to drink plenty of fluids
- Get adequate rest
- Try drinking a warm drink or lemon and honey
- Use age-appropriate paracetamol or ibuprofen
- Saline nose drops or sprays can help relieve stuffy nose

Check with the pharmacist or GP about giving over-the-counter medications. Children with asthma may not be able to take ibuprofen



Preventing the spread of cough and colds:

- Wash your hands regularly with soap and water
- Clean surfaces regularly to get rid of germs
- Put used tissues in bin as soon as possible
- Keep your child at home until they're feeling better

Helpful links and sources:

[NHS \(colds, coughs, and ear infections\)](#)

[NHSinform.scot](#)

[NHS \(common cold\)](#)

Brent Family Wellbeing Centres

The Brent Family Wellbeing Centres provide a range of community-led services that can support you from the moment you know you're expecting, through pregnancy and birth, until your child is 18 years old (or up to 25 for children and young people with special educational needs). The Centres offer a wide range of free health, education and welfare services to families and aim to give everyone in Brent the best possible start in life. Register to join the Family Wellbeing Centres [here](#).

VITAMIN D DEFICIENCY

Sunlight exposure is most people's main source of vitamin D. Our skin makes vitamin D in sunlight. But between October and early March, the sunlight is not strong enough to trigger vitamin D production in the skin, leading to low levels of the vitamin in the body.



Why is vitamin D important?

Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are vital keeping our bones, teeth, and muscles healthy.



Vitamin D deficiency can cause muscle weakness, fatigue, and can lead to bone deformities such as rickets to children.

Other sources of vitamin D



Fresh or tinned oily fish such as salmon, sardines, mackerel, and herring



Egg yolk



Red meat and liver



Dietary supplements

Children from the age of 1 year and adults need 10 micrograms or 400 IU of vitamin D a day. Everyone should consider taking a daily supplement of vitamin D during the autumn and winter. Vitamin D supplements are available at most pharmacies and supermarkets.

Helpful links and sources:

[NHS \(Vitamin D\)](#)

[British Skin Foundation](#)

[Cancer Research UK](#)

COVID

Covid case rates has risen over the past few months so as the concern over the variants "Pirola" and "BA.2.86". With the cold and flu season approaching, keep yourself updated with the NHS's rules and advice regarding Covid.



Check where your child could get the flu vaccine and see who's eligible for COVID-19 booster vaccine.

Food Banks

It's a challenging time for everyone at the moment. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life.

To find a food bank near you, visit:

[Brent Foodbank](#)

[Trussell Trust](#)

[Sufta Foodbank and Kitchen](#)