



Autumn Term Newsletter

Number 430 – 12th December 2023



Dear Parents,

We are on the countdown to Christmas and it is a good time to take stock of what is happening around us and evaluate all the blessings that we have from God.

It is important to remember that our school is a very inclusive, welcoming school, we have a very diverse make up of families and children and we cater for a variety of needs. We try our hardest to support all our families and children despite the current funding cuts. It is important to remember we are all unique and special and loved by God and the Holy Family. We do understand that there can be issues between children, but it is important for all adults to model to our children the importance of accepting and loving all of God's family. Also, as you are aware, we have an open-door policy so any concerns or issues which you may have need to be brought to the attention of school staff. We pray for those in our communities who are suffering conflict of any kind in their personal or work lives.

Christmas Shows

Last week some classes performed their Christmas shows. We had amazing performances from Reception, Year 1 & Year 2, and Year 3 & Year 4. It was lovely to see so many parents at these shows. It put everyone in the Christmas spirit and it reminded us what Christmas should be all about.

This week we continue with performances from Year 5 & Year 6 and Nursery on Thursday. I am sure that we will see a big turnout also for these shows.

Careers and Aspirations week

On the week beginning Monday 27th November we held our Careers and Aspirations week in school. We had a fantastic array of guests in to talk to the children and inspire them on their future pathways. A huge thank you to all the parents and friends who gave up their time to come in and talk to the children. We also had lots of children who shadowed staff and learnt a lot more about how our school is run. The children really enjoyed all the different activities throughout the week and it has given them so much to aspire towards.

Christmas Fair

Thank you to everyone who supported our Christmas Fair and Raffle Draw on Friday. It was a really enjoyable event and we will let you know later how much we have raised. Special thanks to all the parents and staff who helped with the planning, setting up and running of the Fair. If you would like to get involved and help out at future events, please pass your name to the school office and we will direct you towards the Friends of St Margaret Clitherow. Any additional support would be greatly appreciated.

It would not be possible to hold these events without your support so thank you! I would also like to say a huge thank you to the Friends of St Margaret Clitherow for organising the Christmas Fair. It was a great success. Thank you to all my staff for giving up their time to help out with the running of the fair. It was a real team effort.

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



News Items



Film Nights

This week we have our very popular film nights taking place. If you have not already done so, please book these on Parentpay.

Christmas Discos

On the final week of the term, we will have Christmas Discos for Y1-Y3 on Monday and Y4-Y6 on Tuesday. If you have not already done so, please book these on Parentpay.

Christmas Holidays

We break up for Christmas on **Thursday 21st December at 1:30pm** and return on **Tuesday 9th January**. As always, we will be closely monitoring the attendance especially on the last week of term and at the start of term. The EWO will be requesting a list of names of children absent during those times.

Christmas Holiday Camp

Please see the attached letter regarding the Christmas Holiday Camp. Pupil in receipt of pupil premium or FSM are eligible for FREE PLACES. Please see me for the eligibility letter.

Also, the LA is providing Edenred vouchers for the Christmas holidays so if you think your circumstances have changed and you might now be eligible, please go on the link below as soon as possible so that we can apply for the vouchers before the end of term.

[Additional Funding & Free School Meals Application](#)

Further updates will be sent next week.

Thank you for your ongoing support.

Mrs Heath



News Items



See next newsletter

Year 1 -

Year 2 -

Year 3 -

Year 4 -

Year 5 -

Year 6 -

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 Dec	Film night: Infants, Year 1 and Year 2
14 th Dec	Film night: Juniors, Year 5 and Year 6
14 th Dec – Christmas Concerts	Y5 and Y6 – 9.30am N – 11.00 am
18 th Dec	INFANTS' DISCO (Y1, Y2 AND Y3) 3.00-4.00 Own clothes for Y1, Y2 and Y3
19 th Dec	3.15-4.15 - JUNIORS' DISCO Own clothes for Y4, Y5 Y6 to bring a change of clothes

21st Dec Last day of Autumn Term
Please check out the calendar on the jotter for dates and times of events.

ATTENDANCE WEEK COMMENCING 27th Nov to 1st Dec 2023

Year 1 – 94.5%
Year 2 – 89.3%
Year 3 – 92.9%
Year 4 – 96.9%
Year 5 – 96.7%
Year 6 – 97%
Whole school overall – 95%

EXPECTED ATTENDANCE MINIMUM
OF 96%

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](#)

HOLIDAY CAMP

JOY SPORTS ACADEMY



FREE HOT
VEGETARIAN
MEALS

AGES
5-16

WINTER HOLIDAYS

2/Jan - 5/Jan 2024

PAID ☐

9am - 1pm = £25
9am - 5pm = £35

FSM ☐

9am - 1pm = FREE
9am - 5pm = £10



Multi Sports Camp



Places Available For Children

The Joy Sports Academy team will host a fun-packed program to provide a safe, friendly and secure environment where a variety of activities are offered. The Holiday camp promotes healthy lifestyles and positive social interactions.

REGISTER ONLINE USING QR CODE OVER PAGE

Remember, these places are open for all the year groups & other local schools. Once you complete the form, your children's placement will be secure. You can make the payment online.

NOTE: Fees don't apply to the benefit related FSM children. All the activities and food are completely FREE for ANY 4 DAYS per week (9am – 1pm). Parents need to provide EVIDENCE.

For more information, please contact:

Mr Patel on email: joysports00@gmail.com

Holiday
Activities
and Food
Programme



youngharrow
foundation

HAF
IN HARROW



Department
for Education



REGISTER ONLINE USING QR CODE BELOW

If you would like to enrol your child/ren in our Holiday Programme, please fill out the online application form below and submit it before the first day of the camp. Please note that places are limited, and priority will be given to those booking for the entire week.

**Tax FREE childcare vouchers
are accepted**

**Childcare
Choices**

----- BRENT/ HARROW/ EALING BOROUGH VENUES-----

Sudbury Primary School
Watford Road, Wembley HA0 3EY

Uxendon Manor Primary school
Vista Way, Kenton HA3 0UX

Weald Rise Primary School
Robin Hood Dr, Harrow HA3 7DH

Oldfield Primary School
Oldfield Lane North, Greenford, UB6 8PR



SCAN ME

Gymnastics, Dance, Different Sports, Quizzes, Origami, Art & Craft, Soft Archery, Talent show, Treasure Hunt, Life Skills, Painting, Invasion Games, Team Building, Orienteering, Yoga, Nutrition, Science experiments, Circuit Training, Problem Solving, Leadership, Competitions, Drills and much more...

	Tuesday	Wednesday	Thursday	Friday
Week 1	02/01	03/01	04/01	05/01

COST PER DAY

FSM:

9am-1pm = FREE

9am-5pm = £10

PAID:

9am-1pm = £25

9am-5pm = £35

For more information, please contact:

Mr Patel on email: joysports00@gmail.com

**Holiday
activities
and Food
Programme**



**youngharrow
foundation**

**HAF
IN HARROW**

 **Department
for Education**

Ofsted
Registered



JOY SPORTS ACADEMY

Example of Camp Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30	Registration + Social time + Story telling				
9:30 - 10:30	Football	Tennis	Archery	Olympic games	Athletics
10:30 - 11:30	Street Dance	Art & Craft	Nutrition	Benchball	Yoga & fitness
11:30 - 12:00	LUNCH BREAK + Q&A				
12:00 - 12:40	FREE PLAY & SOCIAL TIME				
12:40 - 13:00	Discharge the 1pm group and regroup the children for the afternoon activities				
13:00 - 14:00	Cricket	Tag rugby	Teambuilding	Golf	Football drills
14:00 - 15:00	Rounders	Puzzles & Problem solving	Origami	Treasure Hunt	Art & Craft
15:00 - 15:30	SNACKS BREAK + FREE PLAY IN THE PLAYGROUND				
15:30 - 16:30	Basketball	Karate & Self defence	Chess/PublicSp	Multi-Sports	Talent show
16:30 - 17:00	Start getting the belongings and seat in the groups for the HOMETIME				

All the children need to bring their own water bottles.

FREE hot healthy food will be provided to all the children.

Children must come dressed in PE outfits, including their coats.

All activities and trips are subject to availability and the interests of the children and may be changed accordingly.

Children will be rewarded with medals or certificates for their abilities and achievements.

The camp will proceed in all weather conditions as we have indoor facilities available.

This camp is open to all children from other schools.