



Laying the foundations for a bright future

Website link: www.htpfederation.co.uk

A little note from Mrs FitzGerald...

Well, it certainly has been an action packed week with Butterflies Class performances of our nativity 'Hey Ewe!' It was lovely that so many of you were able to come along. The children (and staff!) worked very hard on putting the production together so a very big "Well done" and "Thank You" goes out to everyone involved, including all of you for providing the fabulous costumes and helping your children with their lines!

Next week we have our Christmas Lunch to look forward to as well as our 'Carols on the Playground' and we will be wearing our festive sweaters, raising awareness and funds for the 'Save the Children' charity. Thank you again for your support.

Warmest regards,
Mrs FitzGerald

CHRISTMAS CARDS

Don't forget the Thurlow School Christmas Post! The post box is now in the school hall for accessibility.

The last day for posting has been extended to Wednesday 14th!



Save the Children
CHRISTMAS JUMPER DAY

Make the world better with a sweater!

Wednesday 14th December is our Christmas Lunch Day and the children are invited to wear a Christmas jumper / something 'christmassy' to school. We do this in recognition and support of the charity SAVE THE CHILDREN which provides, amongst other things, essential

healthcare, protection and food to millions of children around the world who don't have access to these basics. We are asking the children to bring in a £1 on this day. Each £1 would be enough to pay for antibiotics to treat a child with pneumonia.

KEY STAGE 2 SWIMMING

All our children in Years 3, 4 and 5 will be undertaking swimming lessons at Abbeycroft Leisure Centre, Haverhill in the Spring Term. Details have gone out via ParentMail this week. The first session will be on Tuesday January 10th.

THURLOW CE (VC) PRIMARY SCHOOL PTA

The PTA's recent disco has raised almost £200. This is in addition to a further £76.50 from the recent Christmas Card fundraiser.

An enormous thank you to the PTA and all parents and carers for supporting these events. Some of the monies raised will pay for the children's Christmas lunches and their parties at the end of term. THANK YOU SO, SO MUCH!

STREP A

You will have heard lots of information on the news and on social media about a recent rise in Strep A infections, including [scarlet fever](#). You may be aware we had a very small number of cases within one class at the school a little while ago, which were able to contain and manage.

Strep A is a common bacteria. Lots of us carry it in our throats and on our skin and it does not always result in illness. It can cause several respiratory and skin infections, some mild and some more serious. Other examples include tonsillitis, pharyngitis, impetigo and cellulitis.

We want to share with you the following information so you can be vigilant about the symptoms to look out for in your child.

Symptoms would include sore throat, headache, fever, chills, muscle aches, nausea and vomiting. With [scarlet fever](#) a fine, pinkish, or red body rash with a sandpapery feel can appear. Children may have flushed cheeks and white spots may appear on their tongue.

Please remember there are lots of viruses that cause sore throats, colds and coughs circulating and these frequently resolve themselves without medical intervention. However, children can, on occasion, develop a bacterial infection on top of a virus and that can make them more unwell.

If your child has any of these symptoms and is unwell, contact your GP so your child can be diagnosed / tested and treated with antibiotics if required.

It is important to seek treatment to prevent your child becoming increasingly unwell and to stop the spread of infection to others.

Keep children at home for a minimum of 24 hours after they start antibiotic treatment to avoid spreading the infection to others. Brothers and sisters can continue to attend school if they are well and do not have any symptoms.

Good hand and respiratory hygiene are important to prevent the spread of this and many other infections. We will be continuing to encourage the children to wash their hands properly (for at least 20 seconds using soap and warm water,) and using a tissue to catch coughs and sneezes. We will also be sustaining our regular cleaning routines throughout the day.

You will also have received a letter via ParentMail from Suffolk County Council regarding this.

FLU IMMUNISATION

The Flu Immunisation Team are returning to the school on Thursday 15th of December for a 'catch up' session for any children who did not receive the vaccine on their last visit.

Please consent via the link sent on ParentMail on 06/12/22.

SEVERE WEATHER

Every effort will be made to keep the school open in severe weather. The school would only close if it is no longer safe for staff and pupils to travel to school and be on site.

We recognise that it is important that our school remains open so parents are able to work and pupils can continue to learn. Therefore, we will make every effort to prepare for severe weather.

Information about school closure will be posted:

- On local radio
- Via the Suffolk County Council website: <http://schoolclosures.suffolk.gov.uk/>
- Via our Facebook page
- On ParentMail



FORTHCOMING EVENTS

Others will follow but I know lots of you will want to get these onto the calendar as soon as possible. The team and I are continuing to add to our schedule with special days, visitors and trips, including some additional 'share' opportunities ~ we will keep you posted!

AUTUMN TERM 2022

Wednesday 14th December ~ Christmas Jumper Day and Christmas Lunch
Carols in the playground at 2:30 Parents and Carers welcome

Friday 16th December ~ 'FANCY FRIDAY' ~ end of term parties (& party clothes!)

Friday 16th December ~ LAST DAY OF THE AUTUMN TERM

HUNDON AND THURLOW PRIMARY FEDERATION

Laying the foundations for a bright future

Thurlow Church of England (VC) Primary School



Parents and Carers of 3 and 4 year old children, have you applied for a full-time school place for your child?

If you have a child born between **1st September 2018** and **31st August 2019** you must apply for a place by midnight on Sunday **15th January 2023**.

Applications should be made online at www.suffolk.gov.uk/onlineadmissions

Choosing the right primary school for your child is one of the most important decisions you will have to make. Anyone who is interested in finding out more about our school and what learning is like as part of a village community, in light of Reception admissions for September 2023 or otherwise, please visit our school website:

<https://www.htpfederation.co.uk/index.php/thurlow>

Explore our website, visit our class pages and contact our School Office via email at admin@thurlowschool.co.uk or by telephone on 01440 783281 so we can contact you with further details as soon as we can.

NB: You must make an application for a full-time place even if your child is already attending a nursery class in an infant or primary school or a Children's Centre next to a school site. Please note that a place for your child at your catchment school is not guaranteed.

Supporting young people's mental health

Parent/Carer workshops January – February 2023

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are live and 60 minutes long.

Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry

9 January 2023 – 13:00 [Book a place](#)

9 January 2023 – 18:00 [Book a place](#)

Supporting our Young People to Manage Big Feelings

A workshop aimed at parents of young people aged up to 11 to help support our children in managing difficult emotions.

10th January 2023 – 18:00 [Book a place](#)

Supporting our Young People with Low Mood

For parents to understand low mood and how to support their child/teenager

10th January 2023 – 19:15 [Book a place](#)

Supporting our Young People with OCD

'This workshop is for parents of school aged children to help them understand 'Obsessive Compulsive Disorder' (OCD) better

6th February 2023 – 13:00 [Book a place](#)

6th February 2023 – 18:00 [Book a place](#)

Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry

7th February 2023 – 18:00 [Book a place](#)

Supporting our Young People with Challenging Behaviour

A workshop for parents who are concerned or want to learn more about child behaviour that can be difficult to manage

7th February 2023 – 19:15 [Book a place](#)

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team - NSFT



Working together
for better mental health

Supporting young people's mental health

Parent/Carer workshops March 2023

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are live and 60 minutes long.

Supporting our Young People Manage Big Feelings

A workshop aimed at parents of young people aged up to 11 to help support our children

In managing difficult emotions.

6 March – 13:00 [Book a place](#)

Supporting Your Child to Attend or Get Back to School

Is it difficult to get your child to school? This workshop aims to develop parents' understanding and provide helpful strategies.

6 March – 18:00 [Book a place](#)

Supporting our Young People with Low Mood

For parents to understand low mood and how to support their child/teenager

7th March – 18:00 [Book a place](#)

Supporting our Young People with Anxiety

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