

## RECEPTION 2023

*Our Reception Class 2023  
Open Day will be held on*

*Thursday 6 October  
2022. Please call school  
to arrange an  
appointment.*

*If you have a child due to  
start **Reception** in  
**September 2023** and you  
wish to attend our school,  
we look forward to hearing  
from you.*



## EMTAS Awards

Congratulations to some of our parents who were nominated for the EMTAS Award. The parents attended the awards evening with our EMTAS teacher Glynis, they met with senior leaders in the Education Department and the Lord Mayor. The parents talked about their learning journey at St Charles' to the audience.

They certainly flew the flag for St Charles'.

*Congratulations!*



## Pupil of the Week



We are extremely proud of all our children, however the staff are tasked with choosing just one child each week who has stood out amongst the others to receive a special award.

Class	Pupil of the Week 30th September 2022
Nursery	Layla
Reception	Robert
Year 1	Jaxson
Year 2	Erin
Year 3	Lucie
Year 4	Alan
Year 5	Daisy
Year 6	Luiza

*Well done to all our winners.*



## St Charles' Catholic Primary School Newsletter

**"Love, learn and grow together"**

Headteacher Mrs Rebecca Dean

30th September 2022



## Macmillan Coffee Morning



It was lovely to see everyone this morning, supporting our coffee morning for Macmillan. There were lots of tasty cakes to eat. **Thank you** to everyone who donated cakes and to Mrs Ward and staff for organising the event. We are delighted to announce that we raised just over £250 for Macmillan Cancer Support.

**Well done everyone!**



## Library Visit

This week our Reception and Nursery children visited the Library. They had a good look at all the books and chose some to bring home. They sat and listened carefully to a story being told.



*Thank you Sefton Park  
Library*



**Congratulations to Year 4 98.33% this is fabulous attendance you are the best attenders this week.**

**A super WELL DONE to you all, both children and parents/carers alike.**

**Well done Reception** who had best punctuality. They are having an amazing start to their school year. **Well done to all those children and your parents/carers.**

Class	Attendance & Punctuality for this week
WHOLE SCHOOL	95.14% 21 Lates
Reception	96.36% 0 Lates
Year 1	94.50% 5 Lates
Year 2	90.91% 3 Lates
Year 3	97.93% 3 Lates
Year 4	98.33% 3 Lates
Year 5	96.07% 7 Lates
Year 6	92.16% 0 Lates



## Scarlet Fever

This week we received we received an letter from Public Health England updating school with information that the number of cases of Scarlet Fever had increased. Whilst we have **NOT** had any cases in school, we would like you to be aware of the symptoms.

Scarlet fever is a common childhood infection caused by Streptococcus pyogenes, or group A streptococcus (GAS). The early symptoms of scarlet fever include sore throat, headache, fever, nausea and vomiting. After 12 to 48 hours the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present. Patients typically have flushed cheeks and pallor around the mouth. This may be accompanied by a 'strawberry tongue'. As the child improves peeling of the skin can occur.

Children and adults with suspected scarlet fever should not attend nursery / school / work until 24 hours after starting appropriate anti-biotic treatment. Whilst scarlet fever is circulating it is important that any children and adults with chickenpox do stay off school or nursery until all their blisters have dried over, which is usually 5 days after they first appeared.

**Please be aware we do have children in school who are medically vulnerable. Please inform school IMMEDIATELY if you suspect Scarlett Fever.**

**Scarlet Fever Symptoms**

- A red rash that feels rough to the touch and spreads from the face to the neck, torso, and limbs
- Red lines around the groin, armpits, elbows, knees, and neck
- Facial flushing
- A "strawberry" tongue, which appears red and bumpy with a white coating in the early stages
- Fever of 101 or above
- Chills
- Red, sore throat with white patches
- Trouble swallowing
- Swollen lymph nodes that hurt when touched
- Nausea and vomiting
- Headache

## School Health UK

We have been working with **School Health UK** on improving our lunchtime experience for the children. All school meals need to meet School Food Standards but we also need to ensure that the packed lunches from home also comply with the standards. My previous email detailed what items should not be included in the packed lunches.

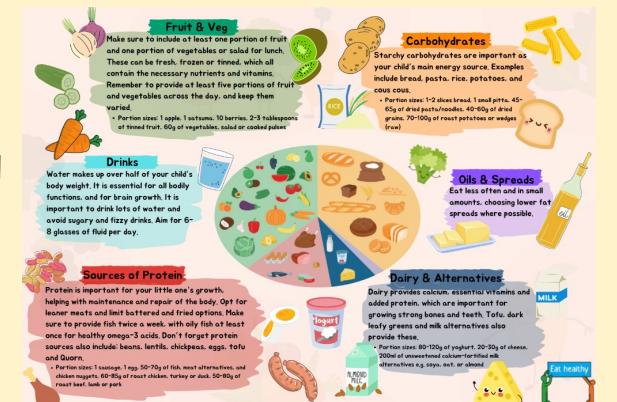
Understandably, the children and parents wanted clear guidance at to what can and can't be in the packed lunches. I contacted School Health UK to clarify this.

Packed lunches should be varied contain a range of food groups - Fruit & Veg, Carbohydrates, Dairy or alternatives, drink and sources of protein.

**However they MUST NOT contain any chocolate, sweets or other confectionery, including cereal bars such as Krispie Squares and sugary or fizzy drinks.**

I have spoken with the LA Healthy Schools Team and they suggest that we could allow one treat such as a small bag/small pack of biscuits or small cake and the low calorie/low saturated fat crisps.

Please pack your child's lunch carefully as research shows that only 1% of packed lunches meet School Food Standards. We know that too much sugar can impact children's learning with poor concentration and behaviour.



**Please see the attached pictures, although you will need to enlarge them! There is also contact details of School Health UK if you would like advice and support for improving packed lunches.**



### Items from Home

We have noticed children are bringing items from home. Please could you check your child **does not** bring items other than what is needed for their learning. There have been disputes between children, which have caused issues in class and on the playground.

**Footballs**

**Pokemon cards or equivalent**

**Lego or small toys/Fidget toys**

### Uniform Reminders

Burgundy school jumper or cardigan

Blue shirt and tie (**Y1 - Y6**)

Black school shoes and a pair of black PE pumps

School PE kit Burgundy shorts/joggers/blue t-shirt

**NO JEWELLERY ALLOWED**

We still have lots of preloved uniform in school, which is FREE. If you would like to look at the sizes please ask at the school office.