

Lexden Primary School

Summer Term Issue 4

Dear Parents,

With the first half of the summer term drawing to an end I would like to congratulate the children in Years 2 and 6 for their hard work over the past few weeks towards their end of Key Stage SATs tests. Both classes gave it their all and should be extremely proud of themselves; I know we are.

Could I also remind you all that due to the unprecedented popularity of our Breakfast Club, mid-week slots are at a premium. Please contact the school as early as possible if you require your child to attend so we can ensure that enough staff are on hand.

Alex Candler

Colchester Has Talent

As many of you will be aware, the children have been sharing their talents with their houses. Many children took part, showing a range of talents from gymnastics to piano playing. They were all brilliant and should be very proud of themselves for taking part.

Following a selection process, Katerina, Grace, Becky, Eloise, Dempsey-Ray and Emily were chosen to represent the school in the Colchester Consortium of Schools Talent Show.



Public Speaking Competition

Well done to Eloise, James and Katerina who represented the school in the annual Public Speaking Competition this week at the Town Hall. They spoke beautifully on the topic of The Importance of a Child's Voice in Schools.

Congratulations to Karetina who won the award for Best Speaker out of the 11 schools that entered.



Netball Rally

The Netball season closed with in-house rallies this week.. Thanks go out to all the friends and families that attended, the children for their hard work and dedication over the year and to Mrs Kettle, Mrs Tod and Mrs Wheatland who donate their time. A special thank you also goes to Mrs Chambers for keeping score this week.

Congratulations to: Gianna, Pheobe, Maame Edward, Bobby, Amelia and Eloise (Year 4/5 winners) and Harrison, Thomas, Alexander, Bethany, Macy, and Emily (Year 5/6 winners)



Key Dates:

June

Monday 4th June	Children back to school
Wednesday 20th June	Whole school Sports Day
Wednesday 27th June	Back up date for Sports Day

July

Tuesday 10th July	Year 5 and 6 production at 7pm
Wednesday 11th July	2 Stars and a Wish followed by meet the teacher
Wednesday 11th July	Year 5 and 6 production at 7pm
Wednesday 18th July	Accolades assembly at 2:15pm
Thursday 19th July	Leavers assembly at 9.15am (Year 6 to finish school at 12:30pm)

Football News

Congratulations to the Year 5 football team who represented the school at the Colchester United Tournament this week they placed 4th out of 14 other schools who also attended.

Bikeability

Well done to the Year 5 and 6 children who completed the Bikeability training day on Wednesday 23rd May. Jude, Freddy, Alexander and Charlie achieved their Level 1 certificates while Kingsley, Ashleigh, Jay and Phoebe were awarded level 2.

Please note that children are not allowed on the school grounds before 8:40am and should leave promptly once collected at the end of the day. Also note that children are not permitted to use the play Equipment before or after school.



We are delighted to announce that our school will be participating in a new exercise initiative called The Golden Mile. The Golden Mile is a safe, simple and measurable health initiative aiming to inspire and encourage the school community through physical activity with the focus on fun, rewarding personal achievement, raising money and school competition.

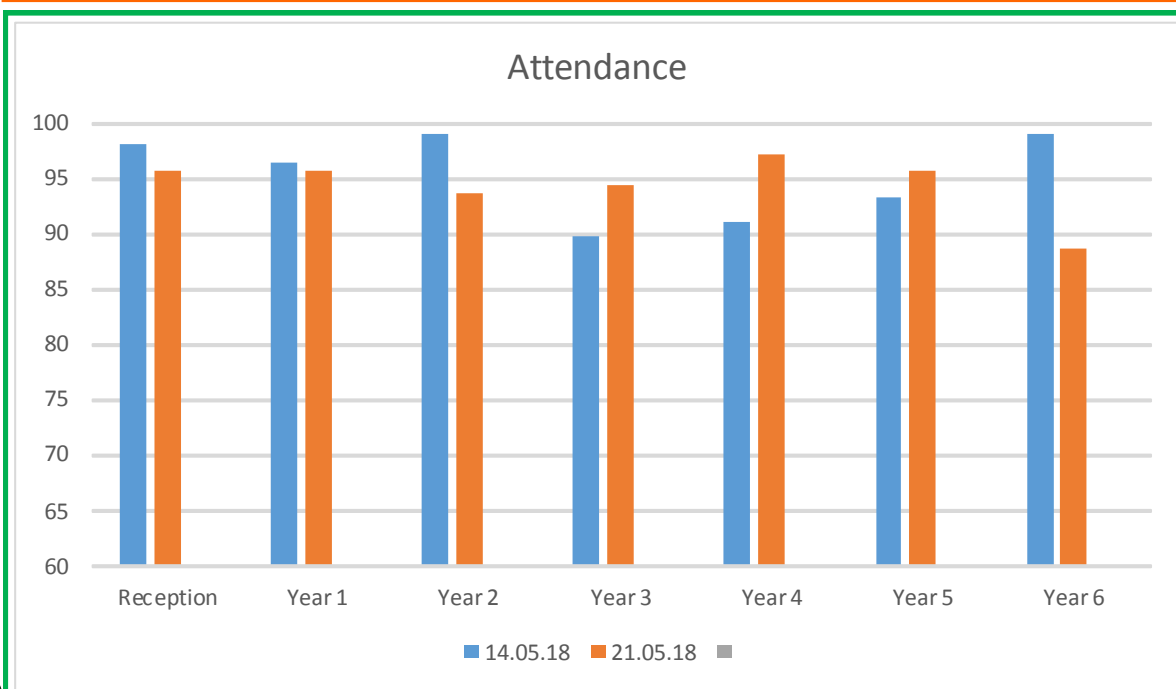
Every pupil can choose to run, jog, or simply walk and chat to their friends whilst travelling around the Golden Mile track either during school hours, as part of a break time activity or as an after school club.

We've challenged the pupils to complete a total of 50 golden miles by this time next year. Certificates for 10 Miles (Bronze), 25 Miles (Silver) and 50 Miles (Gold) are awarded to children as they progress.

"The Golden Mile represents an excellent opportunity for primary school children of all abilities to get fit and be active. The project is simple, effective and accessible to all schools, children and parents. It really is an innovative and interesting project that will be embraced by both children and schools."
The Golden Mile Ambassador, Olympic Gold Medallist Duncan Goodhew MBE

Individuals can monitor their distances online at school, and are able to print graphs and compare progress with previous weeks, months or even years!

This is a fantastically simple scheme, which has many endorsements by university studies, teachers, parents and pupils themselves! (www.golden-mile.org)



Golden Leaf Winners!

Congratulations to the winners of the Golden Leaf whose names will be displayed on our tree with all the previous winners.

18th May—Kai Vince-Cuppelditch (Year 2)
 25th May—Camron Munro (Year 6) for the 2nd time.

School Dinners Menu

Don't forget to pay for meals on the Monday in a named envelope please. £2.00 a day.
 Next week: Week 1

Scarlett Fever

As some of you will be already aware, we have received a number of reports from parents of their children suffering with Scarlett fever. Please see information below from the NHS.



Public Health
England

PHE East of England
Health Protection Team

www.gov.uk/phe

Streptococcal infections (Scarlet fever, impetigo, etc)

March 2015

The term streptococcal infections covers a variety of diseases caused by certain bacteria called group A streptococci (strep). The commonest conditions are sore throat, and impetigo, which is a skin disease.

Sore throat is also caused by many other organisms, the commonest being viruses.

Scarlet fever usually follows a sore throat (strep throat) or skin infection (impetigo) caused by particular strains of group A strep. The scarlet fever rash occurs when the bacteria release toxins that make the skin go red.

You will only develop the symptoms of scarlet fever if you are susceptible to the toxins. Scarlet fever tends to be most common in winter and spring and commonly affects children aged between two and eight.

What are the symptoms?

It takes around one to four days to develop symptoms after being infected.

Sore throat: The throat feels sore and there may be fever, headache and enlarged tonsils with pain on swallowing.

Impetigo: The skin lesions consist of blisters and thick, yellow-brown crusts, which scab and then fall off leaving no scars. They usually start on the face, around the nose or mouth, and may spread to other parts of the body.

Scarlet fever: The symptoms of a sore throat develop and, after 12 - 48 hours, a rash that looks like sunburn (it feels like sandpaper to touch) appears. Typically this first appears on the chest and stomach but soon spreads to other parts of the body. It may itch and is usually accompanied by other symptoms such as swollen neck glands, headache, nausea, fever and generally feeling unwell.

There may be flushing of the cheeks and a white coating on the tongue, which peels a few days later leaving the tongue 'strawberry red' and swollen.

The rash lasts for six days and then fades. Outer layers of skin, usually on the hands and feet, may peel for up to six weeks after the rash has faded.

There is no evidence that catching scarlet fever when pregnant will put your baby at risk. However, pregnant women should inform healthcare staff if they are in contact with streptococcal infections, such as scarlet fever, around the time of their delivery.

If you think you/your child may have a streptococcal infection, speak to your GP.

If you/your child feel very unwell with high fever, severe muscle aches, diarrhoea or vomiting, seek urgent medical help to rule out other more serious infections caused by these bacteria, which can be easily treated if caught early.

How are these infections treated?

- The infections are treatable with antibiotics, usually taken for 10 days. It is important to take the full course of prescribed antibiotics.
- Most people recover after four to five days

How does spread occur?

The disease is very contagious and can be caught by:

- breathing in the bacteria in airborne droplets from an infected person's coughs and sneezes
- direct or close contact with infected persons or persons carrying the bacteria in their nose, throat or on the skin
- sharing contaminated towels, baths, clothes or bed linen
- sharing contaminated drinking glasses, plates or other utensils.

It can also be spread by people who have the bacteria in their throat but do not show any symptoms (they are known as carriers).

How can infection be prevented?

- If your child has an infection, do not let them go to school/nursery and keep them away from other people until they have been on treatment for 24 hours.
- Bacteria can be transmitted by touching someone with a streptococcal skin infection or by sharing contaminated eating utensils, cups and glasses, clothes, baths, bed linen or towels. Don't share these items.
- All tissues and handkerchiefs that someone with scarlet fever has coughed or sneezed into should be washed or disposed of immediately.
- Good personal hygiene, especially hand washing, is important. Wash your hands thoroughly with soap and water, especially if you have touched any contaminated items.