



The Branscombe Waves



**BRANSCOMBE C OF E PRIMARY
SCHOOL**
WITH LITTLE EXPLORERS' PRE-SCHOOL
NEWSLETTER 17/18 11
Friday 8th December 2017



Branscombe Waves

Tom: for excellent effort and hard work, especially in Maths.

Reginald: for enthusiasm and effort, especially in the Christingle practice.

Zoe: for taking risks and joining in, with a wider range of activities.

Dominic: for his hard work and perseverance, despite fun distractions surrounding him.

Dear Parents,

This week the children in Class 1 have been enjoying getting into the Christmas spirit, helping to turn our role-play area into Santa's Workshop, and busily preparing scenery for the Christmas Play. In R.E. lessons they have been finding out about the meaning behind Advent and Christingle, as well as learning to retell the Christmas Story. The children have also had the opportunity to carry out their own independent investigations in their Science sessions. These lessons formed the completion of our current Science topic: Taking Care and Growing Up. Through investigating questions about growing, they were required to collect and present data, and to look for patterns, as they discussed the data with their teacher.

On Monday, many of the children in Class 2 attended a very special service at St. Winifred's Church, to celebrate the consecration of a new area of burial ground. The children walked around this new land with Bishop Sarah, of Crediton, while the congregation read from the book of Psalms. Following the service, the children also helped to plant daffodils around the perimeter of this land. It was a privilege to be included and it was very interesting to see what happens at this kind of service.



Later, the children returned to the Church for our annual Christingle service, which was once again a lovely occasion. Some of the children read the Nativity story, retold in verse, while others acted the story out and made a tableau. Then, all the children were given a Christingle, as they were reminded of the 'reason for the season.' In Collective Worship over this week and next, the children are continuing to think about the Nativity story, and consider how they might help to bring 'light to the world', during this time of Advent and around Christmas.

Class 2 have been investigating kites in this week's Design and Technology project work. Having investigated the features of kites, and the names given to different parts and different kite

designs, the children experimented with a range of materials and shapes, and followed instructions to make a simple paper kite, before considering their own design criteria, and planning their own kite designs. They have been challenged to make a kite fly, in February, in celebration of the Winter Olympics. Next week, the children will be attempting to make their own kite designs and - hopefully - fly them!

Thank you for all your continued support.

God bless and have a lovely weekend.

Best wishes from Katie Gray and the staff at Branscombe CE School

Question of the Week

Class 1: Why do we call Christmas, Christmas?

Class 2: If you had to pick only one of your toys to play with for the rest of your life, which toy would you pick and why?

Key Dates

Autumn Term 2017

12th December – Christmas Lunch

15th December- Christmas Jumper Day

18th December – Christmas Play- 6pm

19th December- Carol singing and end of Term

Ready Steady Read

Branscombe children raised a total of £248 from sponsorship during our Ready Steady Read event. Half of this will go to the Brain Tumour Trust, and half will go towards buying books for the school. Well done to everybody who took part, and particularly to Jay who read for a total of 20 hours, Freya who read for 15 hours and Tom who read for 12 hours. Well done and thank you to Rachel and Grace, who raised the most money.

Children's Main Christmas Lunch- Branoc Hall

On Tuesday 12th December it is the Children's Christmas Lunch, which takes place at the Branoc Hall. On this day all the children and staff will be eating a full Christmas lunch down at the village hall, so there is no need to order a school meal or send in a packed lunch. After Christmas lunch, the children will be staying down at the village hall for a party. Therefore on this day please **pick up your child(ren) from the village hall at 3.15pm**, rather than from school.

Christmas Jumper Day

On Friday 15th December, we will be taking part in Save the Children's, Christmas Jumper Day. Children are invited to come to school wearing a Christmas jumper, (or a decorated jumper). We suggest a donation of £1, which will go towards helping the charity protect and care for, children, all over the world.

Sidmouth Kitchen Christmas Lunch

The Christmas lunch provided by Sidmouth Kitchen is taking place on Monday 18th December - this will be the only meal choice available on this day, a menu is up in the school foyer.

Class 1 Outdoor Learning Time

On Monday, Class 1 will need outdoor clothing, for a teddy bear picnic down in the woods. They may bring one teddy bear with them, to attend the picnic on Monday. If the weather is inclement, then the picnic will be held in the classroom.

Collective Worship Activity

This term we will be focussing in school on the value of Justice. We hope your family will find these ideas helpful as you explore the value and have fun together. If the children bring back something that you have done at home linked to the Collective Worship activity, or can talk about a discussion they've had at home linked to it, then Mrs Gray will award them with a new special sticker.

The School Library

In order to give the children the opportunity to visit the school library with their parents, Rachel will be available to open the school library after school, on Tuesdays and Thursdays, until 3.45pm. Please feel free to visit the library with your child at these times if you would like to help them, choose a book to borrow.

Open Morning for Prospective Parents

Across the federation we are holding open mornings during December, to give prospective parents the chance to visit our schools. If you know of any families looking for a place at school, for next year, please encourage them to visit and pass the dates on to them. Thank you.



FASCINATING FACTS

The World Village

If the world was a village,
with 100 people living in it:

- 61 people would come from Asia,
13 from Africa, 13 from the Americas,
12 from Europe and 1 from Australasia
- 27 of the people would be under 15 and just
7 of them over 64
- half of the people would speak one of just 8
languages – and the most common language would be Chinese
- 63 village people would not have running water in their homes
- 18 people would not be able to read or write
- 53 villagers would have less than £1.30 a day to live on
- there would be 18 cars in the village

Talk with your family about ...

- what you find surprising about these statistics
- what we take for granted in our lives that many people live without
- what you think is **unjust**
- what you think could be done to make the world a more **just** place for everyone

* Taken from current statistics by VG Business. Inspired by © If the World Were a Village by David J. Smith, 1990.

**Farway C of E
Primary School**
Thursday 14th December

10.00-12.00

01404 871239

admin@farway.devon.sch.uk

**Broadhembury C of E
Primary School**
Wednesday 13th December

10.00-12.00

01404 841304

admin@broadhembury.devon.sch.uk

School Nursing Service Update



The School Nursing service across Devon has been developing their service to improve access to a School Nurse and to information and support for all school aged children. We would like to take this opportunity to let you know of some of the changes that have taken place, or are due to take place, and remind you of your local School Nurse team contact details.

Find us online at: www.devonintegratedchildrensservices/public-health-nursing

For anyone who hasn't received this newsletter before, we work in partnership with schools to:

- Support the schools in the development of health policies that impact on all children and young people.
- Identify and support children and young people with medical conditions, to ensure they access the whole curriculum and are not disadvantaged.
- Ensure that school staff have the information they need to support children with health concerns. The training package we offer is now accredited and includes epilepsy awareness, asthma, and management of medicines in schools in addition to anaphylaxis and use of auto-injectors (epipens)
- Plan for support at transitions as required which includes transitions in and out of the school within the school year
- Provide appointment clinics for young people in arrangement with secondary schools
- Provide targeted hearing screens where a concern has been identified and consent gained for screening.
- Provide support, and advice in relation toileting issues, healthy lifestyles, sleep routines and mental health and wellbeing.

YOUR SCHOOL NURSE TEAM:

Should you have any questions or concerns regarding your child's health and how they can be supported in school please contact your School Nurse.

You can contact your local School Nurse, Michelle Perryman by ringing – 01404 816020

We value your feedback - Our unique Friends and Family Test code is – C8084

Centralised contact points for PHN Services (PHN hubs)

We are in the process of developing 4 PHN hubs to improve access and responsiveness. The first 2 hubs have gone live for the Southern Devon and Exeter area with further hubs for Northern Devon, and Eastern Devon due to follow in the next few months. All calls, referrals and correspondence will be directed to the hubs where business support are co-located with duty clinicians.

Southern Hub: 0333 234 1901

Lescaze Offices, Shinnars Bridge, Dartington, TQ9 6JE

Exeter Hub: 0333 234 1902

Franklyn House, Franklyn Drive, Exeter, EX2 9HS

SINGLE POINT OF ACCESS (SPA) ACCESS TO SPECIALIST SERVICES IN DEVON

www.integratedchildrensservices.co.uk

Tel: **0330 024 5321** Email: vcl.devonspa@nhs.net

This includes services such as: CAMHS, Autistic Spectrum Assessment, Speech and language therapy, Occupational Therapy, physiotherapy, Learning disability Nursing and psychology, Community Children's Nursing, Palliative care, Rehabilitation Officers for Visually Impaired Children, and the Children with Disability Social Work Team.

You can self refer and information to support this is available online or by speaking to one of the team.

Have you downloaded the free **HANDi paediatric app** - Expert advice for common childhood illnesses?

The app contains information about when and how to ask for help, along with what to expect when your child is being assessed.

The conditions covered are:

- Diarrhoea and vomiting
- 'Chesty baby' illnesses, such as bronchiolitis, asthma and croup
- 'Chesty child' illnesses, such as wheezing and asthma
- High temperature
- Abdominal pain
- Common newborn problems

Download links:

Apple - <https://itunes.apple.com/gb/app/handi-paediatric/id969445171?mt=8>

Android -

https://play.google.com/store/apps/details?id=com.myoxygen.handi.taunton&hl=en_GB

The 48 hour rule

If you or your child has had diarrhoea and/or vomiting please ensure that symptoms are clear for 48 hours before going out and about. There is a risk of spreading the infection by earlier return to school, work, leisure venues etc.

Preventing the spread.....

Remember to wash your hands

Cough/sneeze in to tissue and put the tissues in the bin. Use arm/hand if no tissue available and then wash hands.

Stay at home if unwell

More information and resources online at <http://www.e-bug.eu/> and <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

Looking after our mental health is equally important.

We all know about 5 a day but how many of our 10 a day are we getting?

Talk about your feelings

Stay active in mind and body

Eat well

Be proud of your very being

Do something you are good at and enjoy

Ask for help

Keep in touch with the people you care about

Take a break

Stay hydrated

Actively care for others

Free, safe and anonymous online support for young people - <https://kooth.com/>

Has your child had their free flu vaccination?

Eligible children include:

- children over the age of six months with a long-term health condition
- children aged two and three on 31 August 2017 – that is, born between 1 September 2013 and 31 August 2015
- children in reception class and school years one, two, three and four

Undecided? .

More information can be found online at

<http://www.nhs.uk/>

You may also find it helpful to watch the following:

https://www.youtube.com/watch?time_continue=7&v=T4BVqQAOf-8 (Monkey wants children to get their flu vaccine)

Is your child up to date with their vaccinations or due vaccination this year?

Age 12-13 (Year 8) 1st dose HPV (Girls only)

Age 13-14 (Year 9) 2nd dose HPV (Girls only)

Age 13-14 (Year 9) Tetanus, Diphtheria, Polio, Meningitis ACWY

Age 14-15 (Year 10) Tetanus, Diphtheria, Polio, Meningitis ACWY (anyone who didn't have this last year)

If your child has missed these vaccinations, or is due to receive any of these and not in school, please contact **the immunisations team** on **01392 356144**.

SAFEGUARDING – EVERYONE'S RESPONSIBILITY

Concerned about a child?

If you have serious concerns about a child or young person, or if you need help parenting your child you can call **0345 155 1071** or email mashsecure@devon.gcsx.gov.uk

Out of hours please call 0845 6000 388. If it is an emergency dial 999

SEPSIS – Do you know how to recognise the signs?

SEPSIS, also known as blood poisoning, is the reaction to an infection in which the body attacks its own organs and tissues. It is a potentially life-threatening condition, however it can be easily treated if caught early. Sepsis could occur as the result of any infection and can initially look like flu, gastroenteritis or a chest infection.

If your child is unwell with either a fever or very low temperature (or has had a fever in the last 24 hours), just ask: could it be SEPSIS?

Any child who:	Any child under 5 who:
<ul style="list-style-type: none">– Is breathing very fast– Has a 'fit' or convulsion– Looks mottled, bluish, or pale– Has a rash that does not fade when you press it– Is very lethargic or difficult to wake– Feels abnormally cold to touch	<ul style="list-style-type: none">– Is not feeding– Is vomiting repeatedly– Hasn't had a wee or wet nappy for 12 hours

Seek medical help urgently if you develop any or one of the following:

Slurred speech or confusion

Extreme shivering or muscle pain

Passing no urine (in a day)

Severe breathlessness

It feels like you're going to die

Skin mottled or discoloured

Might have SEPSIS. Call 999 and just ask: could it be SEPSIS?

You can also find out more information at: <https://sepsistrust.org/news/what-is-sepsis/>

ONE SMALL STEP

Are you looking to make a change to become healthier?

Do you want to:

- lose weight?
- become more active?
- Quit smoking? or
- reduce your alcohol intake?

One Small step is a tailored service for adults in Devon. It offers support when and how you need it with information, advice and guidance available online, by telephone and through coaching so you can start making small changes to feel healthier today.

Find out more at: <https://www.onesmallstep.org.uk>

To speak to a Wellness Advisor please call 0800 298 2654 (Freephone) or 01392 908 139 (Local rate) Monday to Friday 9.00am - 6.30pm or email team: hello@onesmallstep.org.uk

Please remember it is usually recommended that your child has a check up at the opticians every 1-2 years and every 6 months at the dentist.

If you do not have an NHS dentist and are having problems finding one then please contact 0333 006 3300.

If your child is asthmatic they should also have an annual review with the Practice Nurse at your GP surgery.