



Christmas Fair & Market

- * Live Music
- * Vendors
- * Glitter Tattoos
- * Face Painting
- * Christmas Cafe
- * Tombola
- * Raffle
- * Christmas Activities
- * Games & Prizes

Visit Santa in his Grotto
Sutton in Craven Community Primary School

Sat 7th Dec
10am-12 noon

Christingle Mingle!

Wed 18 Dec

Come and help us make loads of jolly Christingles for our annual Christingle Service in support of The Children's Society. No previous experience is necessary as full training is given - along with tea/coffee mince pies and cheesy Christmas music!



Staff Vacancy

We are looking for a new member for our lunchtime staff team.

The post is for 5 hours per week—12.00-1.00. The post, which starts after Christmas, includes time working in the hall to help children with their lunches and also time outside in the playground keeping children safe and leading games. If you would like to find out more, please see Mrs Harrison in the office.



Christmas Dates

The decorations are up and the lights are lit—Christmas is on the way. The fun begins with our Christmas Fair on 7th December and is followed by:

Carols in the Park	Saturday 7th Dec @ 4.00pm	Join in with carols and switching on of the village Christmas Lights
YR Nativity	10th & 11th December @ Sutton Baptist Church—2.00pm (ticket only)	Sutton Baptist Church (ticket only)
Christmas Lunch	Friday 13th December	Order through your School Grid (Live Kitchen) account
Christmas Jumper Day	Friday 13th December	Supporting Save the Children
Jack & The Beanstalk Panto	Tuesday 17th December	Chaplin's Panto comes to school
Christingle Making Party	Wednesday 18th December 9.05am	Come and help us make Christingles for our traditional service
Christingle Service	Thursday 19th December	Pupils, Staff and Governors
Carols & presents round the tree	Friday 20th December	Pupils Staff & Governors

For full details please see our website calendar

Flu-like illness and diarrhoea/vomiting in schools—Information for pupils, parents and staff

Introduction

Illnesses such as diarrhoea/vomiting and flu-like illness are common at this time of year. They are usually self-limiting and, for most people, can be easily treated at home.

General hygiene

The spread of most infectious illnesses is reduced through good hand hygiene. Please ensure that you and your child wash your hands frequently with warm water and soap, particularly after using the toilet, after using a tissue to catch a cough or sneeze, and before eating.

Influenza (flu) Flu and flu-like viruses spread easily between people from coughs and sneezes. They can live on hands and surfaces for up to 24 hours. Symptoms of flu may develop quickly and can include:

- Sudden fever
- Dry, chesty cough
- Sore throat
- Aching body
- Headache
- Tiredness
- Diarrhoea or tummy pain
- Nausea

For most healthy people flu is an unpleasant but self-limiting illness. However, some people can be more at risk of developing severe illness or complications including the following groups:

- those aged 65 years or over
- pregnant women
- those with a long-term medical condition - for example diabetes or a heart, lung, kidney or neurological disease
- those with a weakened immune system - for example, because of chemotherapy or HIV
- those resident in long term care facilities

If you or your child are in an at-risk group AND develop symptoms of flu, please seek prompt medical assessment via NHS 111, by a GP or a nurse who will be able to provide further advice.

If you or your child are in an at-risk group AND have not had the seasonal flu jab AND are concerned that you or your child have had contact with someone with flu, please seek prompt medical assessment via NHS 111, by a GP or nurse.

If you or your child are not in an at-risk group but develop flu like illness and are concerned about your symptoms, please consult NHS 111, your GP or nurse in the normal way.

Staff members and pupils should not attend school or other communal settings if they have symptoms of flu and should only return once they have recovered.

The flu vaccine is the best form of protection that we have against influenza (flu). There are several strains of flu and even if there has been illness at school, the vaccine may offer further protection against other strains of flu.

Please continue to engage in the school-based immunisation programme and to attend mop-up clinics if your child misses the scheduled sessions.

Toddlers aged two and three, children and adults who are in risk groups for flu (including those aged 65 years and over, pregnant women, people with long term medical conditions or weakened immune systems) should attend their GP or pharmacy for vaccination as soon as possible if they have not already been vaccinated.

For more information about any of the above and advice about treating flu please visit <https://www.nhs.uk/conditions/flu/>

Viral gastrointestinal illnesses It is not uncommon for viruses which cause vomiting and diarrhoea to circulate amongst children (for example norovirus, also known as the 'winter vomiting bug'). If pupils or staff members develop vomiting or diarrhoea, it is important that they stay off school and away from other communal settings **until 48 hours after they last had diarrhoea or vomiting**. As always, please contact NHS 111 or your GP if you are concerned about your child's illness. Further information, including advice on treatment, can be found at : <https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>.

School closures Public Health England does not routinely advise that schools close when pupils and staff are affected by diarrhoea / vomiting or flu-like illness; this is because the viruses that cause illness are circulating in the community, so children will continue to be exposed to them even if not at school.

However, schools may need to close for other reasons e.g. not enough staff to safely stay open, or closing for a short time to allow a deep clean of the school buildings. Any decision about school closure will be taken by school management and any enquiries should be addressed to the school.

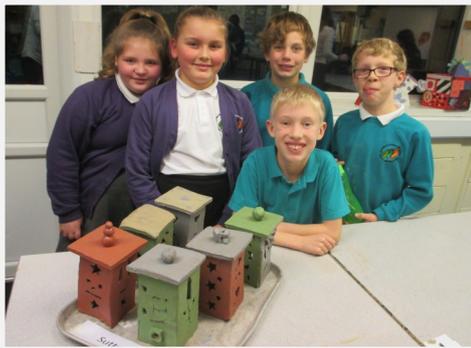
Crafty Fun at South Craven School

On Wednesday 27th November six lucky pupils from Y5 and Y6 got an amazing opportunity to create their own personal one-of-a-kind clay lantern at South Craven. All our pupils showed wonderful artistry and attention to detail when creating their lanterns. They put in lots of thought and took great care when dealing with the tricky process of assembling the lantern. Some of our pupils even created 3D effects. The next step is to dry and strengthen these lanterns in the South Craven kiln oven. We're super excited and can not wait to see these six unique and different lanterns!

Thank you to all the participants - you were brilliant representatives of our school with your wonderful enthusiasm and manners.

Thank you to the team at South Craven for organising this event.

Mrs Howes



Anti Bullying Policy

The School Council, with support from Mrs Ward, has recently reviewed our anti bullying policy. A full copy of the policy can be found on our school website but here's a pupil friendly version. Fall outs and mix ups inevitably happen in school but, if you or your child are worried that this is happening **Several Times On Purpose**, then we can work together to get things sorted and put a **stop** to bullying.

Sutton in Craven Community Primary School

Anti Bullying Policy 2019

Our school is a place where every person has the right to be themselves, not to be judged and to be included and to learn in a safe and happy environment. Everyone at our school is considered to be equal here and expected to treat each other with respect and kindness.

1. Definition of bullying

Bullying is hurtful or unkind behaviour which is deliberate and repeated. Bullying can be carried out by an individual or a group of people towards an individual or group. The STOP sign can be applied to define bullying -

Several Times On Purpose.

The nature of bullying can be:

- **Physical** - such as hitting or physically intimidating someone, or using inappropriate or unwanted physical contact towards someone
- **Attacking property** - such as damaging, stealing or hiding someone's possessions
- **Verbal** - such as name calling, spreading rumours about someone, using derogatory or offensive language or threatening someone
- **Psychological** - such as deliberately excluding or ignoring people
- **Cyber** - such as using text, email or other social media to write or say hurtful things about someone



Bullying can be based on any of the following things:

- Race (racist bullying)
- Religion or belief
- Culture or class
- Gender (sexist bullying)
- Sexual orientation (homophobic or biphobic bullying)
- Gender identity (transphobic bullying)
- Special Educational Needs (SEN) or disability
- Appearance or health conditions
- Related to home or other personal situation

No form of bullying will be tolerated and all incidents will be taken seriously.

If you are worried about bullying don't try to sort this out by yourself

- Tell your Class teacher
- Tell a Playground Buddy, Y6 Young Leader or Member of the School Council
- Tell any other adult staff in
- Tell an adult at home
- Report anonymously - use the worry box in the library
- Call ChildLine -0800 1111

Starting School September 2020

Please be aware that you will need to apply for a primary school place for your child to start in Reception in September 2020 and the deadline to submit your application is 15 January 2020.

Families living outside North Yorkshire will need to contact their own home Local Authority to obtain the information regarding school admissions and to make an application to the Authority where they live. The information you need to apply for a primary school place is available at www.northyorks.gov.uk/school-admissions



The United Benefice of Sutton with
Cowling & Lothersdale:
St Thomas' Sutton in Craven

RISE AND SHINE
GETTING READY FOR CHRISTMAS
ADVENT



BREAKFAST AND WORSHIP FOR ALL THE FAMILY
SUNDAY 8TH DECEMBER 9.00AM

Vicar: The Revd Helen Collings

The Vicarage, Main Street, Sutton in Craven, Keighley BD20 7JS
01535 636679
revd.helen.collings@gmail.com
www.facebook.com/ubscl www.ubscl.org.uk

Used Stamps Appeal

Angela Harrison, former Headteacher of Brougham Street Nursery School, has asked me to collect used stamps from cards and letters to support "Octopus for a preemie UK" this Christmas. This is a charity which provides a premature baby with a knitted or crocheted octopus to have with them in the incubator. The tentacles replace the umbilical cord as a comfort to the baby whilst also preventing them playing with and potentially removing the tubes that they may rely on for feeding/oxygen etc. If you could ask parents to collect used stamps in this way, I will pass them on to Angela in the New Year. Thank you!

Trisha Lord
Headteacher
Otley Street Community Nursery School
Skipton

(Please send your used stamps in an envelope to Sutton CP school office and we'll pass them on.)



Packed Lunches

We have been having a careful look at what our children are bringing in their lunchboxes ...



If you decide to send your child with a packed lunch, please ensure that it sets them up well for an afternoon in school. Often parents tell us that their children will 'only eat ...' and then reel off a list of high sugar, high fat foods. The reality is when children have developed this kind of eating habit, nothing will change unless they are repeatedly encouraged to try and eat other foods. It can be hard and frustrating to encourage children to change their habits especially in busy homes. But your child needs your help! If your child is fuelled by sugar and fat, they will find it incredibly difficult to settle in the afternoons - probably experiencing a 'sugar rush' and then a slump in their energy mid afternoon. This translates into a child who is 'giddy' and can't settle and then become grumpy, weepy and tired as the afternoon progresses. You can help them to be ready to learn even when you are not with them by providing a good lunch.

Children often like simple, non sticky foods which they can 'nibble' whilst enjoying the social side of lunch, chatting with their friends. Make sure containers are easy to open.

A Simple Healthy Packed Lunch should contain

Some carbohydrate

bread, crackers, rice cakes, pitta bread, pasta

Some protein

Cheese, meat, egg, fish, beans

Some fruit and/or vegetables

Carrot sticks, cucumber, raisins, grapes, small tomatoes

We provide plenty of **water** at school

They should have a water bottle at school.

Please pack the lunch in a traditional sized lunchbox which fits on the trolley we use for storage. Make sure you name it—there may be an identical one on the same trolley

Don't send

- Sweets or chocolate covered biscuits—save them for home.
- Children shouldn't come with sweet sticky drinks (which often leak!)
- Any foodstuffs containing nuts.

Even easier, choose a school meal which has plenty of options even for the pickiest eaters—you'd be surprised what your child will eat when they are in school and with their friends. There are loads of websites to give you ideas too...

www.happinessishomemade.net/school-lunch-ideas-for-picky-eaters/

www.bbcgoodfood.com/recipes/collection/school-lunch

Flu Immunisation Programme

The NHS School Immunisation team have completed their programme here over two visits during the last two weeks. Parents whose children have received the inoculation have been notified by NHS the School Immunisation Team.

For those children who haven't received the inoculation (due to illness, absence or no prior parental consent) don't worry you can take them along to one of the clinics below.

DROP IN FLU CLINICS

NO APPOINTMENT NEEDED

JUST CALL IN TO SEE THE CHILDHOOD IMMUNISATION TEAM

KNARESBOROUGH CHILDRENS CENTRE - PINK ROOM

Manor Road, Knaresborough, HG5 0BN

18/11/2019 15:00 - 16:30

16/12/2019 15:00 - 16:30

THE HYDRO SWIMMING POOL

Jenny field Drive,
Harrogate, HG1 2RP

30/10/2019 10:00 - 14:00

23/11/2019 10:00 - 14:00

14/12/2019 10:00 - 14:00

SKIPTON CHILDRENS CENTRE

Brougham Street, Skipton, BD23 2ES

27/11/2019 15:00 - 16:30

18/12/2019 15:00 - 16:30

IF YOUR CHILD IS AT PRIMARY SCHOOL AND THEY HAVE MISSED THEIR FLU VACCINE, PLEASE DROP IN TO ONE OF THE CHILDHOOD FLU CLINICS ABOVE