



Sutton CP School

Fortnightly newsletter—Friday 26th January 2024

www.wherelernersgrow.co.uk



**We are an aspirational place where learners grow.
Our school is kind and happy and we respect and celebrate the differences in ourselves,
our community and our world.
Our children become responsible, determined and independent citizens.**

Good Afternoon Everyone,

Measles

We have had correspondence this week regarding measles guidance, from North Yorkshire Council.

There have been recent localised outbreaks of measles centred around the West Midlands and there is a risk of further outbreaks in other areas unless urgent action is taken to increase Measles, Mumps and Rubella (MMR) vaccination take up in areas with low MMR vaccine rates.

Measles spreads very easily among those who are unvaccinated, especially in nurseries and schools. The best protection against measles for children and adults is to get both doses of the MMR vaccine. It is never too late to have these vaccinations.

The DfE has published an Education Hub blog with guidance on measles and the MMR vaccine for parents, nurseries and schools.

What to do if you think your child has measles and when to keep them off school

Cases of measles are rising across England, including among children. It's an infection that spreads very easily and for some people can cause serious problems. There's no specific medical treatment for measles, so it's important to get vaccinated as it's the best protection against becoming seriously unwell.

The measles, mumps and rubella (MMR) vaccine is one of the routine childhood vaccinations, so most children are already vaccinated against measles. If your child has received both doses of the vaccine, they are unlikely to have the virus.

What are the symptoms of measles?

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth. Find out more on the NHS website.

What should you do if you think your child has measles?

You should ask for an urgent GP appointment or get help from NHS 111 if you think you or your child may have measles. Don't go to the GP or any other healthcare setting without calling ahead first.

If your child has been diagnosed with measles by a doctor, they should stay off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

We do currently have a member of staff who is pregnant so your support and vigilance with this is very much appreciated.



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The CORAM Education, annual Wear Your Scarf to School Day takes place on February 9th 2024, to support Children's Mental Health Week (5th - 11th February).

The theme for Children's Mental Health Week this year is **My Voice Matters** and the children will be involved in activities linking to the theme as part of assembly, and in the PSHE lessons throughout this special event week.

Parents Evening

Our Spring Term parents evening is taking place on Wednesday 7th and Thursday 8th of February. Booking for slots has now opened via Parent Booking. This is your opportunity to talk to your child's class teacher and find out how your child is doing in school.

In the main school hall on these nights, we will have tea and coffee available for you and some goodies from the kitchen. Some of our Governors will be around for you to meet and talk to and we are still seeking a parent governor. If you want to find out more or are interested, please make yourself known on these evenings.

We will have Sara O'Hara available in the HIVE on the Wednesday who is our MHST provider and runs workshops, group interventions and bespoke 1:1 sessions with children, all with a focus on Mental Health.

We will also have a representative from Coram Education on the same night, Juliet Vo, who provides our PSHE curriculum SCARF. She will also be available in the HIVE to chat to parents about the resource.

Miss Ibbotson will also be around if you would like to find out more about the HIVE and how we use this resource in school.

We have the Book Fair returning for you to have a look at and maybe even buy a new book!

Wishing you all a lovely weekend,

Anna Riley

Headteacher

Class Assemblies 23—24

Year 6—Thursday 25th January 3:00pm

Year 3—Thursday 29th February 3:00pm

Year 4—Thursday 21st March 3:00pm

Year 2—Thursday 23rd May 3:00pm

Year 1—Thursday 4th July 3:00pm

Reception—Summer Term TBC



Miss Baldwin's SENCO Page



Parent/Carer Support Group

About Us:

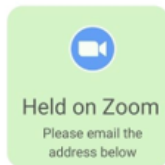
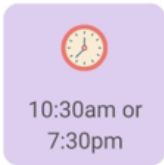
The Parent Support Group is an online support group, facilitated by NHS mental health practitioners. The group is a safe space for parents to get together, share their experiences and build positive relationships. A different subject is discussed each month and parents will receive useful information and strategies around the chosen monthly topic. For an invite, please email: mhstparentsupport@bdct.onmicrosoft.com

Next Parents Support Group details: Tuesday 20th February 2024
Topic: "Supporting your child: Self Esteem".



Parent/Carer Support Group

Supporting Emotional and Mental Health



THIS MONTHS TOPIC: SUPPORTING YOUR CHILD: SELF ESTEEM



In this months Parent Support Group, we will be discussing self esteem. During the session, we will think together about what self esteem is, what can impact self esteem and how to build and support building positive self esteem.

mhstparentsupport@bdct.onmicrosoft.com

NSPCC

Online safety advice

Understanding online safety is tricky for all ages. We have advice to help you learn about staying safe online as a family.

[Link](#)



This May Help: Advice for supporting your child's mental health

[This May Help](#) has been created for parents and carers to help manage their child's mental health.

The subjects covered on this website have been chosen by parents and carers just like you, and in consultation with young people who have gone through their own mental health issues. What helped them may also help you.

On each page you'll find text for every topic along with more support films and links to other resources. On the [downloadable advice page](#) you can download a printable version to use whenever you want.

