



St Paul's Friday Round Up



Friday 1st December 2023

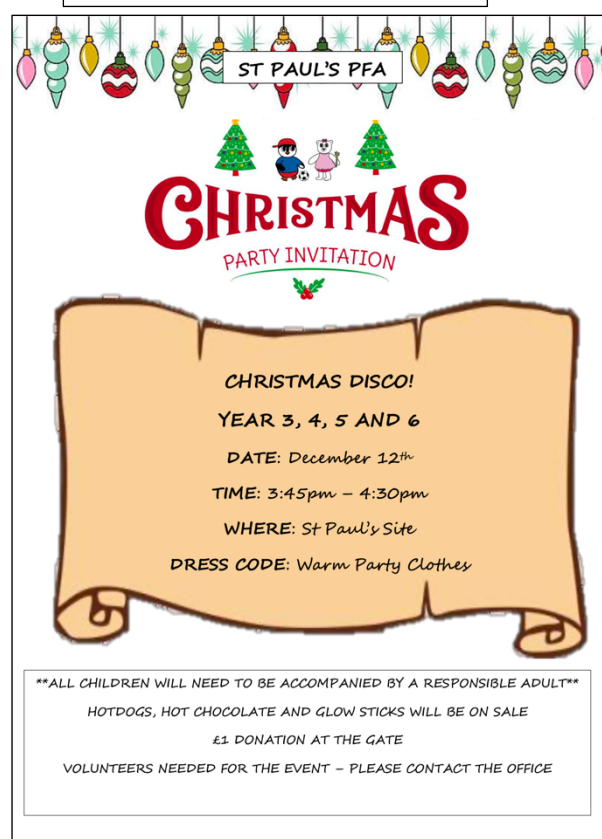
Welcome to our round up of news and information for the week.

Christmas Jumper Day – Thursday 7th December – Save the Children

The [Save the Children](#) charity organise a national 'Christmas Jumper Day' to raise funds for their work. In previous years we have not participated, as we have a lot of collections for charity in the autumn term, however we know from parent feedback that this is a popular event. As a result, we shall be participating in Christmas jumper day on Thursday 7th December 2023. On Thursday, children can wear a Christmas themed jumper in place of their school jumper or cardigan. **They should wear the rest of their uniform as normal.** We shall have a collection bucket at each gate to collect contributions for Save the Children.

PFA Christmas Discos

12th December – Y3,4,5,6



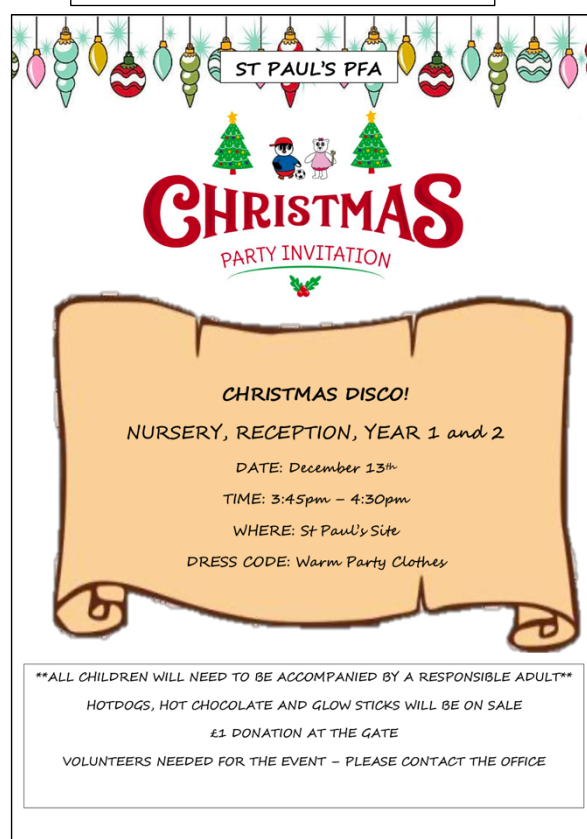
ST PAUL'S PFA

CHRISTMAS
PARTY INVITATION

CHRISTMAS DISCO!
YEAR 3, 4, 5 AND 6
DATE: December 12th
TIME: 3:45pm – 4:30pm
WHERE: St Paul's Site
DRESS CODE: Warm Party Clothes

****ALL CHILDREN WILL NEED TO BE ACCOMPANIED BY A RESPONSIBLE ADULT****
HOTDOGS, HOT CHOCOLATE AND GLOW STICKS WILL BE ON SALE
£1 DONATION AT THE GATE
VOLUNTEERS NEEDED FOR THE EVENT – PLEASE CONTACT THE OFFICE

13th December – YN,R,1,2



ST PAUL'S PFA

CHRISTMAS
PARTY INVITATION

CHRISTMAS DISCO!
NURSERY, RECEPTION, YEAR 1 and 2
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Year 3&4 Christmas Carol Service – Thursday 14th December, 10am, St Paul's Church

This Christmas, Years 3 and 4 will be leading the school's Christmas celebrations with a carol service for parents and friends of the school. The service will be held in St Paul's Church at 10am on Thursday 14th December.

Foundation Stage Nativity – Friday 15th December, 10am, St Paul's Site Hall

The children in Nursery and Reception will be retelling the nativity story to their parents on Friday 15th December. The Foundation Stage Nativity will be held in the St Paul's site hall.

Calling all Nursery Parents – Reception Admissions close 15th January 2024

All families with children in nursery need to make an application to Reception class using the eadmissions portal through the school admissions department of the local authority in which you reside. Applications can be submitted at any time, but need to be submitted by 15th January 2024 at the latest. If you have any queries, please ask at the school office. There is further information on the [Hounslow School admissions](#) page.

Menu

Next term we have a new lunch menu. I have attached the full menu to this round us. The menu for the first week back is below:

Week 2					
6th Nov	Beef & Onion Pie ¹	Chicken Noodles ^{1,3,16}	Roast Pork & Gravy	Mild Chilli ⁴	Sausages ^{1,6}
4th Dec	Macaroni Cheese ^{1,7 V}	Vegetable Nuggets & Tomato Sauce ^{1 VG}	Roast Vegetable Yorkshire Pudding Wrap ^{1,7,9 V}	Cheesy Pasta Bake ^{1,7 V}	Quorn Sausage ^{1 VG}
15th Jan	New Potatoes	Rainbow Rice, Carrots, Peas	Rustic Roast Potatoes	Rice, Carrots, Green Beans	Chips, Peas, Baked Beans
19th Feb	Seasonal Vegetables	Toffee Apple Pudding ^{1,9} & Custard ⁷	Cabbage, Sweetcorn	Sunshine Bar ^{1,6,15,16}	Cucumber Sticks
18th Mar	Ice Cream ⁷	Mr Nourish Biscuit ¹	Popcorn & Raisin Pot	Mr Nourish Biscuit ¹	Jaffa Biscuit ¹
	Mr Nourish Biscuit ¹	Mr Nourish Biscuit ¹	Mr Nourish Biscuit ¹	Yoghurt ^{3,7}	Yoghurt ^{3,7}
	Fruit Pots	Fruit Pots	Fruit Pots, Yoghurt ^{3,7}	Fruit Pots	Fruit Pots

Christmas Lunch – Monday 18th December 2023

The school's annual Christmas lunch will take place on Monday 18th December. The menu for the lunch is below:



If your child is usually on a school meal then they will receive this option automatically.

If your child is usually on a packed lunch and you would like them to have the Christmas dinner for that day you will need to inform the school office on office@stpauls.hounslow.sch.uk by Wednesday 6th December 2023.

Is my child too ill for school?

As the winter advances, we often find that sickness absence increases. We know how disruptive sickness absence can be for families. For many minor ailments, we can often work together to manage your child's condition effectively at school. In other instances, where there may be an

infection risk, or the child is very poorly, your child should be cared for at home. The NHS provides advice for parents on its website. I have copied this information below. If your child is under the weather on a school day, the information below can help to determine an appropriate course of action. You can also contact our school office team who are well placed to advise and support.

Information and advice from the NHS

It can be tricky deciding whether or not to keep your child off school when they're unwell.

There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let the school office know.

Other illnesses

Follow this advice for other illnesses:

Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature

If your child has a [high temperature](#), keep them off school until it goes away.

Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a [cold sore](#).

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Conjunctivitis

You don't need to keep your child away from school if they have [conjunctivitis](#).

Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school.

Your child should try to stay at home and avoid contact with other people if they have [symptoms of COVID-19](#) and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

What to do if your child has tested positive

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

Ear infection

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Hand, foot and mouth disease

If your child has [hand, foot and mouth disease](#) but seems well enough to go to school, there's no need to keep them off.

Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits

There's no need to keep your child off school if they have head lice. You can treat [head lice and nits](#) without seeing a GP.

Impetigo

If your child has [impetigo](#), they'll need treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Ringworm

If your child has [ringworm](#), see your pharmacist unless it's on their scalp, in which case you should see a GP.

It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has [scarlet fever](#), they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have [slapped cheek syndrome](#) because, once the rash appears, they're no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

Sore throat

You can still send your child to school if they have a [sore throat](#). But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of [tonsillitis](#).

Threadworms

You don't need to keep your child off school if they have [threadworms](#).
Speak to your pharmacist, who can recommend a treatment.

Vomiting and diarrhoea

Children with [diarrhoea or vomiting](#) (as the result of an infection) should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

EXTERNAL PARTNERS

Christmas in the Parish of Brentford



A stylized illustration of a nativity scene. In the foreground, a white silhouette of a stable with a thatched roof contains figures of Mary, Joseph, and the infant Jesus. To the left are several white evergreen trees. The background is a dark blue sky with a large white cross in the upper left corner and several small white stars. The overall style is simple and graphic.

CHRISTMAS IN BRENTFORD

Services & Events at St Paul's Church, Brentford, TW8 0PN

7th Dec Remembering Loved Ones / 6:30pm / St Paul's

14th Dec Carols in The Butts / 6:30pm / The Butts TW8 8BJ

16th Dec Experience Christmas / 10am-1pm / St Paul's
Festive activities for all the family

17th Dec Jump in Nativity! / 10:30am / St Paul's
Join our all-age nativity
Traditional Carols by Candlelight / 6:30pm / St Paul's

24th Dec Holy Communion / 8:30am / St Paul's *No 10:30am service
Christmas Eve All-Age Service / 5pm / St Paul's
Midnight Communion / 11:30pm / St Paul's

25th Dec Christmas Day Service / 10:30am / St Paul's

Services live streamed on [YouTube.com/@PoBrentford](https://www.youtube.com/@PoBrentford)
Full details at parishofbrentford.org.uk
St Paul's Church, St Paul's Road, TW8 0PN
Phone 020 8568 7442
Registered charity number 1128611

**ST PAUL'S
+ST FAITH'S
+BRENTFORD
+CHRISTMAS**

National Grief Awareness Week – 2nd – 8th December

Hounslow School Nursing Service



National Grief Awareness Week

2nd – 8th December 2023



National Grief Awareness Week is about bringing people together and raising awareness of support that is available to those that are grieving.

Bereavement (losing someone important to us) affects everyone in different ways, and it's possible to experience any range of emotions.

After a loss, people may feel all, some or none of these emotions:

- Sadness & depression
- Shock or disbelief
- Numbness & denial
- Panic & confusion
- Anger or hostility
- Feeling overwhelmed
 - Relief
- Mixed feelings

There is no right or wrong way to feel following a loss. Some people seek help immediately by showing their emotions and talking to people, others prefer to deal with things slowly, quietly or by themselves (www.mind.org)

Support Available:

www.halochildrensfoundation.org.uk Halo Children's Foundation is a charity supporting children and their families with bereavement. They are based at the HALO play cafe in The Chimes shopping Centre, Uxbridge UB8 1GB. Many of the children they support have lost a parent, but this can be a sibling, grandparent or any loved one that has sadly died, and they support children and young people up to 18 and their family.

www.winstonswish.org Winston's Wish provides specialist child bereavement support services across the UK. Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them. Their expert teams offer one off and ongoing bereavement support and also provide online resources, specialist publications and training for professionals.

www.thegoodgrieftrust.org The Good Grief Trust is run by the bereaved for the bereaved. It offers support and advice, as well as further information regarding where to find support.

www.thenbs.org/ The National Bereavement Service provides free practical and emotional assistance after a death.

Hounslow School Nursing Service

Holiday Activity Fund

HAF eligible Pupils

**SOUNDS TOO GOOD TO BE TRUE?
PLACES ARE LIMITED SO EARLY
BOOKINGS ARE RECOMMENDED TO
AVOID DISAPPOINTMENT.
SECURE YOUR CHILD'S PLACE NOW!!**

Children of all abilities from Reception to Year 6 are welcome.

INFINITY FUN

FUN AND ACTION PACKED WINTER HOLIDAYS CAMP

INFINITY FUN is running a fun-packed summer activities camp led and designed by trained and experienced teachers for ALL CHILDREN during the SUMMER.

Explore your creativity with a wide range of activities, learn and make new friends whilst keeping active in a safe and relaxed environment.

Huge doses of fun including...

- ✓ Healthy eating across cultures
- ✓ Singing
- ✓ Dancing
- ✓ Healthy Cooking
- ✓ Arts and Crafts
- ✓ Languages
- ✓ Zumba and traditional dances
- ✓ Explore a different country everyday

LUNCH: Provided Vegetarian Option ONLY

2nd January-5th January 2024

FREE PLACES FOR ELIGIBLE CHILDREN IN HOUNSLOW AVAILABLE

What children say:
"I've never done this before... Can I come back?"

What parents say:
"They don't usually take art in things like that..."

St Paul's CE Primary School
St Paul's Road, Brentford, TW8 OPN
TIMES: 9.00am-2 pm

More Information and BOOKING: Infinityfun2023@gmail.com / 07826 468841

Other Pupils

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Cost £85 per week for the WHOLE WEEK SINGLE DAYS £25

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What parents say:
"They don't usually take art in things like that..."

St Paul's CE Primary School
St Paul's Road, Brentford, TW8 OPN
TIMES: 9.00am-2 pm
Early drop - off (08:30) £2.50 per day
Late pick up (15:00 - £5 per day (pre booking required)

More Information and BOOKING: Infinityfun2023@gmail.com / 07826 468841

Contact:

To contact the school, please send an email to office@stpauls.hounslow.sch.uk

To contact the Chair of Governors: chair@stpauls.hounslow.sch.uk

Parent Governors:

Suzanne Forbes: sforbes9.313@lgflmail.org

Tommy Norton: tnorton12.313@lgflmail.org