

St. Alban's R.C. Primary School
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*In the light of Jesus, we love together, hope together
and learn together*

Autumn Term 2026 Newsletter No.5

Dear Parents/Carers



Responsibility

Certificate Awards for Children's Work and Efforts. Well Done this week to:

Responsibility Award

Year R - Furqan
Year 1 - Jay - Jay
Year 2 - Ibraheem
Year 3 - Arwa
Year 4 - Alfie
Year 5 - Nancy
Year 6 - Kirivan

Workers of the week

Year R - Willow
Year 1 - Archie
Year 2 - Myrah
Year 3 - Maher
Year 4 - Iqra
Year 5 - Isro
Year 6 - Daisy

Star Reader Award

Year 1 - Isla
Year 2 - Isabella
Year 3 - Harrison
Year 4 - Noah
Year 5 - Tameka
Year 6 - Happy

Handwriting Award

Year 1 - Robyn
Year 2 - Asrar
Year 3 - Rosie
Year 4 - Hope
Year 5 - Spogmai
Year 6 - Vanisa

Is my child too ill for school?

Please see the flyer at the end of this newsletter which is from the NHS. It gives you as a parent, lots of information on illnesses that your child may have and whether it is fine for them to come to school or not.

Reception Class

In October, Reception class will be having their vision screening in school. An opt-out form will be sent out to parents, nearer to the time. Please see the flyer at the end of the newsletter.

Learning Conversations

Monday 12th October - 1.30-3.30pm - Year 2, Year 4 and Year 6.

Monday 19th October - 1.30- 3.30pm - Year 1, Year 3, Year 5 and Year 6.

Toys and items from home

Just a reminder that no toys, balls or any items from home should be brought into school at any time. This stops items being lost or broken. There are plenty of items at school that the children can use.

Attendance.

Well done to **Year Y4** who received the Attendance Award week. They had the best attendance in the school with **100%** attendance.

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
87.5%	88.9%	90.6%	92.5%	100%	90.2%	91.9%

Please see below and our flyers at the end of the newsletter about our come and play sessions for our Nursery and Reception class children.

Reception - 9-10am or 2-3pm Monday 19th October.

Nursery - 10.30 - 11.30am Monday 19th October.

Diary Dates

October Half Term Dates

From afterschool Friday 24th October until back to school Monday 3rd November.

Mrs C. Speakman



Is my child too ill for school?

Does your child have a high temperature (38°C or more)?

YES

Keep them off school until it goes away.

NO

Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature. Threadworms Speak to your pharmacist, who can recommend a treatment.	Cold sores 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 Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly. Head lice & nits You can treat head lice and nits without seeing a GP. Hand, foot & mouth disease If they seem 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. Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.	Impetigo They'll need treatment from a pharmacist or 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 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 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. Chickenpox Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	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. Measles They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child 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. Vomiting & diarrhoea Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'

Come and play

Come and play session for children in Nursery. Come and see how your child plays and learns at school. A chance to talk informally with staff, to see how your child has settled and is developing.

Monday 19th October at 10.30-11.30 am for Morning Nursery children

If you would prefer an appointment time after school, please see Mrs Schofield

Come and play

Come and play session for children in Reception. Come and see how your child plays and learns at school. A chance to talk informally with staff, to see how your child has settled and is developing.

Monday 19th October 9.00-10.00 am or
2.00-3.00 pm

If you would prefer an appointment time after school, please see Mrs Schofield to make an appointment.