



St. Joseph's Catholic Primary School

NEWSLETTER

8th November 2018

Stars of the Week

is an opportunity to celebrate our Learning Stars.

Each Friday we congratulate a member of each class for excellent learning behaviour.

Parents are most welcome to come to our Prayer and Praise on Fridays at 9.10am.

We love to celebrate our pupils' achievements out of school during Prayer and Praise.

Congratulations to **William Stoye** for gaining his **stage 4** Learn to Swim & **stage 4** in Gymnastics.

Please bring your certificates and awards to the office.

Lost Property

We have a number of sweatshirts and jumpers that do not have a name in them. Please ask at the office if you think they may belong to your child. Please remember to name your child's uniform.

ATTENDANCE

Congratulations to the classes with the highest weekly attendance:

30th Oct - 2nd Nov

OWL 97.6%

5th Nov - 8th Nov

WOODPECKER 99.1%

**EVERY
SCHOOL DAY
COUNTS**

Dates

Dates for the term are on the school website.

9th Nov Non pupil day

12th Nov David Lawrence Jones book signing

13th Nov Deadline for shoeboxes

16th Nov Children in Need/Diabetes Day

22nd Nov Flu immunisations (Rec-Y5)

12th Dec Newton Abbot Lantern Parade

Flu Immunisation consent forms (Rec-Y5)

If you have not completed an online consent form and you wish your child to have the flu immunisation, please see the office as soon as possible. **The deadline is 13th November.**

Staff update:

Many of you will know that Mrs Dinata has been absent from work with ill health. It is with great sadness for St Joseph's that Mrs Dinata has resigned from her post of class teacher and will be leaving us at the end of the term. We would like to thank her for all her hard work and wish her well for the future.

A recruitment process has begun.

Well done to **Kingfisher**, **Woodpecker** and **Swallow** classes who attended the Tag Rugby Festival at Newton Abbot Rugby club recently. Also to **Puffin** class who took part in a Multi Skills Festival at Newton Abbot College. Great fun was had by all.

Thank you to all the volunteers who also attended, especially those who braved the weather!

Live, learn and love in a caring Catholic community.

Last week, at the end of the school day, an ambulance needed to get up Coombeshead Road.



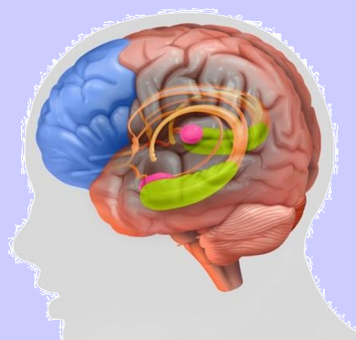
Its progress was delayed because of the number of cars parked along the side of the road. Please be mindful of where you park when picking up and dropping off. Remember it is illegal, dangerous and inconsiderate to park or stop:

- ◆ Near a school entrance
- ◆ Anywhere you would prevent access for Emergency Services (double parking)
- ◆ Opposite or within 10 metres (32 feet) of a junction
- ◆ In front of an entrance to a property
- ◆ Parking on zigzags or double yellow lines
- ◆ On a bend

MINDUP™

We have introduced a new element to our curriculum called **MindUP**. Based firmly in neuroscience, MindUP gives children the knowledge and tools they need to manage stress, regulate emotions and face the challenges of life with resilience. We will be embedding MindUP into whole school practice and it will be mapped alongside our PSHE curriculum.

This half-term your child is learning about their brain. They will be better able to talk about their learning and understand their emotions and feelings.



Don't be surprised if your child starts talking about their Prefrontal Cortex (PFC), Hippocampus and Amygdala!



To help children understand the role of these three parts of their brain, we use images.

Friends of St Joseph's

As a school, we are fortunate to have many parents who are willing to support or help out at fundraising events. We are incredibly grateful for this support.

Last term, we asked for parents who would be prepared to give up more of their time and take on the more formal roles and responsibilities of Chair, Treasurer and Secretary. At that time, nobody felt that they could offer this level of commitment.

I am delighted to report that Lisa Woods, mother of Ethan in Y4, has expressed an interest to work in the role of Chair for the Friends.

Lisa and I are meeting at 2.30 pm on Friday 16th November. If you are interested in the other roles, or would like to be a committee member who will attend meetings, bring fresh ideas and help plan events, we would love it if you could join us. Have a look at the information on the school website in the *Who's Who* section. If you have any questions or need more information, you are welcome to pop in and see either Miss Dunne or Mrs Wilson.

Details of future fundraising events will follow soon.

Ask them about the Wise Owl, the Treasure Chest and the Guard Dog.

We are very excited to be one of only a few schools in Devon to be embedding MindUP.



More information can be found on our website. There will be parent sessions in the Spring Term.

If you have any questions, ask your class teacher or see Mrs Wilson.

The MindUP website can be found at:

<https://mindup.org/u-k>

Live, learn and love in a caring Catholic community.

Operation Christmas Child Reminder

Leaflets have been sent home with details of how you can help support this year's Operation Christmas Child Shoe Box Appeal.

Choose whether your box is for a boy or girl, decide which age group, and have fun choosing exciting gifts: colouring pens, a notepad, a soft toy, a ball, a puzzle, a toy car, hair clips, gloves, toothpaste and toothbrush, wrapped soap, and so much more.

We understand that filling a whole shoe box is expensive, so you are welcome to donate individual gifts too. Visit our website for more information. We will be collecting your shoeboxes and gifts until Tuesday 13th November.

Primary Admissions 2019/20

Was your child born between 1 September 2014 and 31 August 2015?

Applications can be made from 15th November 2018 for a primary school place for September 2019. You must apply for your child's school place by **15th January 2019**. If you apply after this date, the application will be considered late.

You can apply for a school place online at:

devon.cc/admissionsonline

or using the paper version in the First Steps booklet.

If you need help applying online or haven't got internet access at home please contact the school, we would be more than happy to help you. If you apply online, you can view your offer online on the offer date.

Please ensure that the Supplementary Form (available from the school office) for this school is returned to the school office by 15th January 2019. Without this form your child may be lower in the priorities for admission and risk not getting a place at St Joseph's School.

BBC Children in Need and World Diabetes Day

Friday 16th November

This year we will be combining Children in Need with World Diabetes Day, so we are asking children to donate £1 and come in to school dressed as a **superhero** or wearing their **spots**.



**Accelerated
Reader®**



Top Quizzing Results 18/19

Emily Bath	100%
Freya Bryne	100%
Ellie East	100%
Madison Field	100%
Ruby Slatter	100%
Maria Warren	100%

Class Quizzing Averages 18/19

Swallow	87.3%
Woodpecker	82.8%
Kingfisher	79.5%
Puffin	89.3%
Owl	95%

David Lawrence Jones will be returning to school on Monday 12th November for a book signing event, where your child will have the opportunity to meet the author and have their books personally signed. All books cost £6.99 and order forms went home with the children on Wednesday.

All newsletters are available to view on the school website.

www.st-josephs-primary.devon.sch.uk

Live, learn and love in a caring Catholic community.



Is my child too ill for school?

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

But there are [government guidelines](https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/) for schools that 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 on the first day. Let the office know that they 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 their teacher know.

This traffic light advice is taken from [www.nhs.uk](https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/) (<https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/>)

A Prayer for Remembrance

Father,
you know our hearts and
share our sorrows.
We are hurt by our parting
from those whom we loved:
when we are angry at the
loss we have sustained,
when we long for words of
comfort,
yet find them hard to hear,
turn our grief to truer living,
our affliction to firmer hope
in Jesus Christ our Lord.
Amen.



RED STAY AT HOME

Raised temperature

Rashes can be the first sign of many infectious illnesses such as chickenpox and measles. If your child has a rash, check with your GP before sending them to school.

Vomiting and diarrhoea. Children can return to school after 48 hours.

AMBER TAKE ADVICE

Headaches. A child with a minor headache does not usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms such as raised temperature or drowsiness, then keep your child at home and consult your GP.

GREEN COME TO SCHOOL*

Mild cough

Mild cold

Sore throat (unless accompanied by a raised temperature)

Tummy ache

Feeling tired

*We will contact you if your child deteriorates during the school day.

St. Joseph's Catholic Primary School, Coombeshead Road, Newton Abbot, TQ12 1PT

Tel: 01626 352559 Email: admin@sjna.uk

Kelly Dunne: Headteacher

St. Joseph's School is committed to safeguarding children.

Designated Child Protection Officer: Kelly Dunne Deputy Child Protection Officer: Emma Wilson

Named Governor for Child Protection: Tim Van Kroonenburg



School Nursing Service Update_Summer and Autumn term 2018

Find us online at: www.devon.integratedchildrensservices.co.uk/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.
- 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.

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 3 hubs have gone live for the Southern Devon, Exeter and Eastern areas with a further hub for Northern 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,
Shinners Bridge, Dartington, TQ9 6JE**

**Exeter Hub: 0333 234 1902 Franklyn
House, Franklyn Drive, Exeter, EX2 9HS**

**Eastern Hub: 0333 2341903 Jerrard Wing,
Honiton Hospital, Marlpi Lane, Honiton, EX14
2DD**

**Northern Hub: coming soon to Taw View, Civic
Centre, North Walk, Barnstaple 03332 341904**

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.

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

Primary vaccinations: Did your child miss out on any of their primary vaccinations?

It's not too late to get the 1st or 2nd dose of MMR.

There are other vaccinations which can also be caught up if they were missed. Please contact the Practice Nurse at your GP surgery.

School aged immunisations (provided in schools or community clinics):

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, Diptheria, Polio, Meningitis ACWY

Age 14-15 (Year 10) Tetanus, Diptheria, 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 **0333 321 9884**.

From September 2018 we will be offering the annual flu vaccinations in school to those children who are eligible.

Changes to EpiPen Administration

There have been changes to administration guidance. It is now recommended that:

- You hold it in place for 3 seconds (not 10 seconds)
- Massage of site after administration is not required

New pens will have updated instructions on label but existing epipens only need to be replaced if they have passed their expiry date or have been used. You can use the updated 3 second administration even if the existing label says 10 seconds.

More information can be found by watching <https://vimeo.com/247451292> or at

<https://www.anaphylaxis.org.uk/>

From 1 October 2017 the Human Medicines (Amendment) Regulations 2017 allows all schools to buy adrenaline auto-injector (AAI) devices without a prescription, for emergency use in children who are at risk of anaphylaxis but their own device is not available or not working (e.g. because it is broken, or out-of-date).

This can only be used on pupils known to be at risk of anaphylaxis, for whom both medical authorisation and written parental consent for use of the spare AAI has been provided. Please check and amend your child's health care plan to reflect your wishes if the school have this option available.

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.

SUPPORT FOR PARENTS (THE SOLIHULL APPROACH)

The Solihull Approach has used the fascinating research on baby and children's brain development to provide easy to read guidance on how to respond to your baby or child's behaviour and emotional needs. The developing brain in a child or baby needs many positive emotional and physical learning opportunities to grow and multiply nerve connections. Parents, grandparents and family have amazing opportunities through talking and playing to help grow their child's brain connections and promote healthy emotional development.

During the teenage years, there is another stage of rapid brain growth and reorganising which can cause some of the behaviours seen in adolescents – finding decision making difficult, chaotic lifestyle and poor organisation skills.

Children and teenagers need parents or carers around them to give them a secure environment and boundaries around behaviour. The Solihull guidance helps parents and carers to do this and to understand why their child may be displaying some behaviours. This will help them to develop good relationships and help their child learn how to manage their emotions.

On the website there are free downloadable leaflets looking at the importance of play and the different emotional and physical milestones for children and young people. There are also some brilliant free leaflets with information about teenagers and risk taking plus something for your young person to read too! <https://inourplace.co.uk/downloads/>

If you would like to improve your parenting skills, but are unable to attend a course, you might find it useful to complete the online Solihull Approach course:

https://inourplace.co.uk/?redirect_to=https://inourplace.co.uk:443/learn/

There are eleven modules to choose from and each take around 20 minutes to complete.

The modules include communication, responding to anger, different styles of parenting and the importance of sleep.

The course covers an age range from birth to 18 years old and is packed full of ideas and support. The course helps in understanding your child, their development and how you can support through different stages in their lives.

There is a free space for a private and secure digital memory box to store your memories.

We hope you enjoy exploring the Solihull Approach site and look forward to receiving your feedback.

DO YOU KNOW ABOUT EARLY HELP IN DEVON?

What is Early Help?

Early Help is the term used to describe the support given to children and families who have additional needs that cannot be met by the services that are already available to everyone (universal services) i.e. education, health.

You might need support from Early Help if:

- You are struggling with parenting or your child's behaviour
- There are arguments or violence in your family
- You are experiencing an abusive relationship
- Somebody in your family is abusing substances i.e. drugs, alcohol
- You or someone in your family are making unhealthy choices

A number of different people and organisations may be involved to offer you support in a range of areas and for different family members. Early Help is the way that EVERYONE works together to offer you and your family the right support when you need it most. The aim of Early Help is to support you and your family to manage dilemmas, resolve problems and prevent further problems in the future.

You can find out more about Early Help and how to access it by talking to someone you are already in contact with or receiving services from. Alternatively you can find out more information online at:

<http://www.devonsafeguardingchildren.org/workers-volunteers/early-help/>

You can also visit Pinpoint www.pinpointdevon.org.uk which provides information on different services and support groups.

The DISCplus information service provides information and advice to all families with a child or children with additional needs. The service is also available to any professional working with families or directly with children.

They can help you get information about:

1. Contact details for specialist support services
2. Local support groups
3. Charities and trusts which you may apply to for funding
4. Accessible holiday services
5. Suppliers of specialist equipment, sensory toys and clothing

Please contact either: Kristine Taylor t: 01803 763505 e: kristine.taylor@virgincare.co.uk or Amanda Smithson t: 01271 384074 e: amanda.smithson@virgincare.co.uk or via Facebook link - [virginicare](https://www.facebook.com/virginicare)

However, if you have serious concerns about the safety or welfare of a child or young person 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

NEWS SERVICE LAUNCHED IN DEVON –

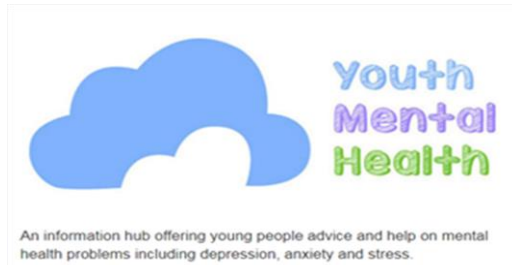
CHAT HEALTH



You can now contact us for information and advice via text on the above number.

Please note if you are contacting about an appointment please call us via PHN hub or contact number on the appointment letter.

Have you visited the **Youth Mental Health** page on NHS Choices? There's lots of helpful information and links to services.



<https://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

Rise above (<https://riseabove.org.uk/topic/my-mind/>) and Young Minds (<https://youngminds.org.uk/>) are also worth a look.

Don't forget you can also access support and information locally via:

<http://eh4mh.co.uk/children/kooth/>

<https://kooth.com/>

<http://devon.integratedchildrensservices.co.uk/camhs/>

Don't forget your '**10 a day**' choices towards balancing our mental health : Talk about your feelings; Do something you enjoy and are good at; Keep yourself hydrated; Eat well; Keep active in mind and body; Take a break; Stay connected to those you care about; Ask for help; Be proud of your very being; and Actively care for others.

YOUR SCHOOL NURSE TEAM CAN BE CONTACTED AT:

South and West Devon Public Health Nursing Hub – 0333 234 1901

If you would like advice from a School Nurse, want to make or change an appointment, or would like to make a referral for your child to the School Nursing Team – please contact the HUB on the number above.

You can also text for information or advice via ChatHealth on 07520 631 721 or find out more information online at <http://devon.integratedchildrensservices.co.uk/public-health-nursing/>