

Dear Parents and Carers,  
With just one week to go before we break up for the Christmas holidays, we really are feeling the full effects of the winter bugs going around the school. Attendance is really suffering in the school and we understand that parents are very concerned about recent reports in the media around the surge in cases of Streptococcus (Group A Strep). Please stay on the lookout for symptoms but remember that children need to build up immunity to all sorts of viruses and Bacteria so that their bodies are able to fight off infections without the need for medication.

Eating a healthy balanced diet with fruit and vegetables, drinking lots of water and practicing good hand and respiratory hygiene is the best ways to combat the spread of viruses. We have really noticed how very few children eat any vegetables on offer at lunchtime. It would be really amazing if parents can start encouraging their children to try a range of different veggies. I know that it is hard in these times to persevere with this but it makes a huge difference to the health of a child.

We apologise for the cancelled concerts this week and hope that we can carry on next week if we have enough children in each year group in school.

Have a wonderful weekend.  
Best wishes,  
Ms Von



## GROUP A STREP

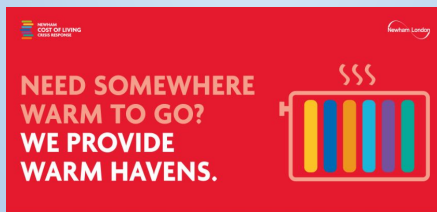
Group A Strep is a common type of bacteria that causes mild illnesses like scarlet fever and strep throat.

### INVASIVE GROUP A STREP

Very rarely the Group A Strep bacteria can get into the blood and cause a serious illness, called **Invasive Group A Strep**.

While this doesn't happen very often, it is important to be on the lookout for symptoms and see a doctor as quickly as possible so that your child can be treated and we can stop the infection from becoming serious.

<https://www.newham.gov.uk/warmhavens>



Newham Warm Havens are safe, non-judgemental warm spaces where residents can go, free of charge, for whatever reason they like. They are part of Newham's **response to the cost of living crisis**. Click the word [map](#) to find out where the locations are.

## Too Sick for School?

### Send to School:

- Have a runny nose or a little cough, but no other symptoms.
- Haven't taken any fever reducing medicine for 24 hours, and haven't had a fever during that time.
- Haven't thrown up or had any diarrhea in 24 hours.

### Keep at Home:

- Have a temperature higher than 100.4 degrees even after taking medicine.
- Throwing up or have diarrhea.
- Eyes are pink and crusty.

### Call the Doctor:

- Have a temperature higher than 100.4 degrees for more than two days.
- Have been throwing up or have diarrhea for more than two days.
- Have had the sniffles for more than a week and they aren't getting better.

## Winter dates 2022



### Performances

Reception - Tuesday 13th December 1:00pm

Nursery AM - Wednesday 14th at 8.15am

Nursery PM - Wednesday 14th at 11.45am

Year 4 - Thursday 15th at 1:30pm

### Dates for diary

School Xmas dinner - Wednesday 14th December

Early Closing at 12:00pm - Friday 16th December

