



# Autumn Term Newsletter

Number 429 – 24th November 2023



Dear Parents,

We had a very successful Anti-Bullying Week from 13th - 17th November. The children designed some wonderful posters to raise awareness of Anti-Bullying and we submitted some work to Brent. We are delighted to announce that Ivy in Year 6 was chosen by Brent as a winner. Well done Ivy. Her design will also be published in the Brent Magazine. Well done to all the children who took part. Their posters will be displayed around the school.

As children in the family of God, spreading the message of anti-bullying and respect for one another is an important part of our Catholic Mission. The theme for this year was '*Make A Noise About Bullying*'. This is because, too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'. It doesn't have to be this way. Of course, we won't like everyone and we don't always agree, but we can choose respect and unity.

On Friday to mark this event adults and children wore odd socks to celebrate what makes us all unique.

## **Open Evening**

Thank you to all the parents who attended the open evenings on the past few weeks. Thank you to those parents who filled out the survey also. The feedback we received was very positive and we are lucky to have such supportive parents. Any comments made on the survey will be discussed with the staff and feedback will be given to the parents. If you did not get to meet the class teacher or missed your appointment, please arrange to see the teacher as soon as possible.

## **Trips**

On Thursday 23<sup>rd</sup> November, our Year 3 children spent the day at The Welsh Harp Outdoor Learning Centre where they learnt about the Stone Age.

Next week, on Wednesday, Year 6 is out to Kingsbury Temple to take part in Junior Citizenship and Year 4 is visiting the British Museum.

## **CAREERS AND ASPIRATIONS WEEK**

We are very excited about the Careers and Aspirations Week next week. We have a range of exciting speakers in to talk to the children. A huge thank you to all the volunteers who have given up their time to come and talk to the children about what they do. We are really looking forward to all of the events next week.

## **Advent Liturgy**

On Friday 1<sup>st</sup> December Fr Albert will join us as we celebrate the start of the season of Advent with our Advent Liturgy. Parents are very welcome to join us in the hall at 11.00am.

## **Contact numbers**

Please ensure that the office has the most up to date contact numbers so that we can update your records. It is extremely important that we have three numbers that enable us to contact you in case of emergency.

## **Medical Conditions**

Please make sure that you notify the school if your child has any medical conditions. It is vital that we have the most recent updates from your doctor.

Should you have any queries please contact us on: [admin@clitherow.brent.sch.uk](mailto:admin@clitherow.brent.sch.uk)  
[iheath@clitherow.brent.sch.uk](mailto:iheath@clitherow.brent.sch.uk) or [bnolan@clitherow.brent.sch.uk](mailto:bnolan@clitherow.brent.sch.uk)



# News Items



## **Christmas Events**

In the run up to Christmas many events will be taking place in the school. Today we asked for a donation for the tombola and children wore their own clothes in return for this donation. These tombola prizes will be used for the Christmas Fair. Thank you for all the fabulous prizes that have been donated. It was very generous of you. We hope to see all of you there to support this event and hopefully win one of the wonderful prizes. Raffle tickets were sent home with your child today so please check your child's bag. We will also have Movie Nights for the children in Year 1 to Year 6 as well as Discos which have requested and voted for by the children.

Wizard Theatre will perform Pinocchio for children from Reception to Year 6. The children will also have Christmas dinner at school on 13<sup>th</sup> December. We also have concerts taking place, so as you can see it will be a very busy few weeks ahead. Please keep up to date with all these events by checking on the Jotter.

## **Santa's Grotto**

Santa will be visiting the children at the Christmas Fayre. The letter went home in your child's bag today. Please complete the form and return it with your child next week.

## **Christmas Concerts**

Rehearsals are well underway for our concerts. Please encourage children to learn song words and help children to learn their lines. See Upcoming Dates for times of the performances.

## **Sweetie Jars**

A reminder that next week, children can bring in their Sweetie Jars for the Christmas Fair. Please remember that no nut products should be added to the jars.

## **Christmas Cards**

Some parents have asked for class lists for Christmas cards. Unfortunately, we are unable to do this for Data Protection reasons. As we are an Eco-School, we ask parents not to send in a class set of cards but to instead encourage your child to write one card for the class which can be displayed in the classroom for all to see.

## **Punctuality**

Punctuality I would just like to urge all parents to please ensure your child is in school on time. Most children, we are pleased to say, do come on time but we still want to ensure that all children are present on time and do not miss out on valuable learning time. We have our free Magic Breakfast from 8:15 every morning and would love to see more children attend. As well as having bagels, we also have lots of activities for the children to enjoy in the mornings, including, Lego, board games, reading books, colouring and many puzzles. The EWO will continue to make unannounced visits and monitor punctuality so please make an effort to get your child/ren to school on time.

Thank you for your ongoing support.

Have a lovely weekend,

Mrs Heath



# News Items



Children who have been awarded prizes and certificates for work during Anti-Bullying Week

Year 1 - Jay

Year 2 - Sophia and Adrian

Year 3 - Maya, Jenna,

Year 4 - Afri, Angelina

Year 5 - Lindsey, Amelia D, Nada

Year 6 - Ivy, Zuzanna

### Class Saints Day

The children can wear their own clothes and celebrate their Saint.

Reception: St Francis of Assisi – 4th October

Year 1: St Patrick – 17th March

Year 2: St David – 1st March

Year 3: St Andrew – 30th November

Year 4: St George – 23rd April

Year 5: St Vincent De Paul – 27th September

Year 6: St Martin de Porres – 3rd November

## **FORTHCOMING DATES**

27 <sup>th</sup> Nov – 1 <sup>st</sup> Dec	Careers and Aspirations Week
29 <sup>th</sup> Nov	Year 6 Kingsbury temple
29 <sup>th</sup> Nov	Year 4 British Museum
1 <sup>st</sup> Dec @ 11.00 am	Advent Liturgies – Parents Welcome
1 <sup>st</sup> Dec	Bring a Sweetie Jar
4 <sup>th</sup> Dec	Year 3 to Welsh Harp
4 <sup>th</sup> Dec	Year 5 to Natural History Museum
6 <sup>th</sup> Dec	Wizard Theatre – 1.45PM Pinocchio
7 <sup>th</sup> December – Christmas Concerts	Reception- 10.00am Y1, Y2 – 11.00am Y3 and Y4 – 2.15pm
8 <sup>th</sup> Dec	*Christmas Fayre*- Wear a Christmas jumper and Bring £1
12 <sup>th</sup> Dec	Film night: Juniors, Year 3 and Year 4
13 <sup>th</sup> Dec	Film night: Infants, Year 1 and Year 2
14 <sup>th</sup> Dec	Film night: Juniors, Year 5 and Year 6
14 <sup>th</sup> Dec – Christmas Concerts	Y5 and Y6 – 9.30am N – 11.00 am
18 <sup>th</sup> Dec	INFANTS' DISCO (Y1, Y2 AND Y3) 3.00-4.00 Own clothes for Y1, Y2 and Y3
19 <sup>th</sup> Dec	3.15-4.15 - JUNIORS' DISCO Own clothes for Y4, Y5 Y6 to bring a change of clothes
<b>21<sup>st</sup> Dec</b>	<b>Last day of Autumn Term</b> <b>Please check out the calendar on the jotter for dates and times of events.</b>

## **ATTENDANCE WEEK COMMENCING**

**13<sup>th</sup> Nov to 17th Nov 2023**

Year 1 – 96.0%

Year 2 – 94.5%

Year 3 – 89.3%

Year 4 – 93.1%

Year 5 – 96.7%

Year 6 – 92.7%

Whole school overall – 93.7%

**EXPECTED ATTENDANCE MINIMUM  
OF 96%**

## Every school day counts. Every lesson counts.

We are regularly reminding parents and carers about the importance of pupil attendance and punctuality. This half term we have seen a growing number of pupils reporting as absent from school and with no recorded reason. At St Margaret Clitherow's, we are committed to encouraging and supporting parents in ensuring their children achieve maximum possible attendance and that any problems that prevent this are identified and acted on promptly.

If your child is unable to attend school for any reason, it is important that the school is informed by 9am. Failure to do so, will mean we will want to speak with you about any unauthorised absence. You are committing an offence if your child misses school regularly because of unauthorised absences. This will result in Our Education Welfare Service (EWS) making contact with families inviting them to attend a formal meeting to discuss your child/ren persistency absence record.

The EWS has legal powers to give parents:

- a formal warning
- an Education Penalty Notice - a £120 fine which is reduced to £60 if paid within 21 days
- an Education Supervision Order
- a Parenting Order.
- in very serious cases the EWS will prosecute.

We have also seen a drop in some pupils' punctuality this term where pupils are arriving to school after 9am. The school gates will close promptly at **8.50am**. Families arriving after this time are officially late and must report to the school office to sign the lateness book. Learning starts at 8.50am for all pupils and therefore it is important that your child/ren are on time and punctual every day. The school operates a 'Soft Start' where the gates are open from 8:30am allowing for 20 minutes before the official start of the day. This supports pupils to settle and prepare themselves for a full day of learning.

From the Autumn term, the EWO (Education Welfare Officer) will be making unannounced visits to the school and will be present on the school gate. She has already made her first visit this week.

Should families be late, the EWO will be talking directly with you.

To avoid this, **PLEASE BE ON TIME!**

**Please work with the school to ensure that your child/ren have**



## School Prayer Focus

# November 2023

November is the month of the Holy Souls.:

Children can pray for the eternal rest of family and friends who have died, those who have no one to pray for them and those who are bereaved.

A popular method of collecting prayer intentions is in the form of a Remembrance book or a basket in which to place the names of people on shaped paper, e.g. crosses, flowers etc. who have died. You can start one on your class prayer table.

### Seasonal Prayers November:

#### Eternal Rest

Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon them.

May they rest in peace. Amen.



This month our gospel value is Respect. We will be focussing on how God recognises the dignity of every human person and appreciates difference and diversity. We are learning at school about the importance of treating others with respect even if we sometimes do not agree with the way they behave or the things they say. We have also been thinking about how we should treat the things that belong to us and to other people respectfully.

#### **What does the word respect mean to you?**

Respect does not mean that we always agree with the other person but that we are prepared to listen and share our views without rudeness or impatience.

Can you think of ways you have been shown respect by others? How can we show respect to our friends and family?

How can we show respect people at school?

Try out one of those things and see what happens.

# NEWSLETTER

Brent School Nursing

Issue 06 | Autumn 2023 | For Primary School

## WELCOME TO OUR AUTUMN NEWSLETTER!

Our newsletters aim to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.

## WHO WE ARE

Brent school nurses work in all state-funded schools in Brent. School nurses help promote and look after children and young people's physical and emotional health. We work across education and health, providing a link between school and home for children and young people aged five to 19-years-old.

**BIG**  
Congratulations!

TO



for achieving Asthma Friendly School status

## PROTECT YOUR SMILE



46% of children in Brent were identified to have one or more decayed, missing, or filled teeth. Brent also has the highest prevalence of dental decay in 5-year olds in London.

### Top tips on how to take care of your teeth:

Take your child to the dentist when their first milk teeth appear or their first birthday. Take your child for regular dental check-ups as the advised by the dentist.



Brush at least twice daily for about 2 minutes with fluoride toothpaste. Brush last thing at night before bed and at least on 1 other occasion.

Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well.



**NHS** dental care for children is free.

Helpful links and sources:

[Find a dentist near you](#)

[Children's Teeth](#)

[Community Dental Service Brent and Harrow](#)

## EVENTS THIS AUTUMN

Autumn: 23 September – 21 December 2023

- 29 September Mooncake Festival
- 1–31 October Black History Month
- 10 October World Mental Health Day
- 15 October Global Handwashing Day
- 24 October United Nations Day
- 31 October Halloween
- 5 November Guy Fawkes Night
- 11 November Remembrance Day
- 13 November Diwali
- 14 November World Diabetes Day
- 20 November Universal Children's Day
- 23 November Thanksgiving Day
- 7–15 December Hanukkah



## BRENT SCHOOL NURSING TEAM IS HERE FOR YOU!



If you would like to speak to a school health nurse, please call our 0-19 Single Point of Access number 020 8002 4900. We will call you back if you leave a message.



You can also contact us through email on: [clcht.brentsnspoduty@nhs.net](mailto:clcht.brentsnspoduty@nhs.net)



We are based at:

Sudbury Primary Care Centre, Watford Road, Wembley HA0 3HG

Willesden Centre for Health and Care, Robson Avenue, London NW10 3RY

## COUGH AND COLDS

Cough and colds are more common during the chillier months of the year. Viruses such as the rhinovirus spread more easily in lower temperatures and humidity. Most will make a full recovery within 5 to 7 days or up to 2 weeks without needing treatment.



### Signs and symptoms

- A raised temperature
- Headaches
- Muscle aches
- Pressure in your ears and face
- Blocked or runny nose
- Sneezing
- Cough
- Sore throat

**Go to A&E or call 999 if your child:**

- Has severe difficulty breathing
- Unable to swallow fluids or saliva
- Isn't showing normal colour of skin, lips, and tongue – very pale, blue, or purple

**If you're very concerned about your child, trust your instincts and phone your GP or 111 for advice, or 999 in an emergency.**

### Managing symptoms:

- Encourage your child to drink plenty of fluids
- Get adequate rest
- Try drinking a warm drink or lemon and honey
- Use age-appropriate paracetamol or ibuprofen
- Saline nose drops or sprays can help relieve stuffy nose

Check with the pharmacist or GP about giving over-the-counter medications. Children with asthma may not be able to take ibuprofen



### Preventing the spread of cough and colds:

- Wash your hands regularly with soap and water
- Clean surfaces regularly to get rid of germs
- Put used tissues in bin as soon as possible
- Keep your child at home until they're feeling better

Helpful links and sources:

[NHS \(colds, coughs, and ear infections\)](#)

[NHSinform.scot](#) [NHS \(common cold\)](#)

 Brent Family  
Wellbeing Centres

The Brent Family Wellbeing Centres provide a range of community-led services that can support you from the moment you know you're expecting, through pregnancy and birth, until your child is 18 years old (or up to 25 for children and young people with special educational needs). The Centres offer a wide range of free health, education and welfare services to families and aim to give everyone in Brent the best possible start in life. Register to join the Family Wellbeing Centres [here](#).

## VITAMIN D DEFICIENCY

Sunlight exposure is most people's main source of vitamin D. Our skin makes vitamin D in sunlight. But between October and early March, the sunlight is not strong enough to trigger vitamin D production in the skin, leading to low levels of the vitamin in the body.



### Why is vitamin D important?

Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are vital keeping our bones, teeth, and muscles healthy.



Vitamin D deficiency can cause muscle weakness, fatigue, and can lead to bone deformities such as **rickets** to children.

### Other sources of vitamin D



Fresh or tinned oily fish such as salmon, sardines, mackerel, and herring



Egg yolk



Red meat and liver



Dietary supplements

Children from the age of 1 year and adults need 10 micrograms or 400 IU of vitamin D a day. Everyone should consider taking a daily supplement of vitamin D during the autumn and winter. Vitamin D supplements are available at most pharmacies and supermarkets.

Helpful links and sources:

[NHS \(Vitamin D\)](#)

[British Skin Foundation](#)

[Cancer Research UK](#)

## COVID

Covid case rates has risen over the past few months so as the concern over the variants "Pirola" and "BA.2.86". With the cold and flu season approaching, keep yourself updated with the [NHS's rules and advice](#) regarding Covid.



Check where your child could get the flu vaccine and see who's eligible for [COVID-19 booster vaccine](#).

 Food Banks

It's a challenging time for everyone at the moment. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life.

To find a food bank near you, visit:

[Brent Foodbank](#)

[Trussell Trust](#)

[Sufta Foodbank and Kitchen](#)