



# Mrs Carr's Newsletter

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4<sup>th</sup> September 2024



# Our mission

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St Joseph's is a place of learning, where we grow in faith and feel safe, loved and encouraged each day.

We value everyone, knowing that we are stronger when we work together.

Through the virtues, we show care and respect for our families, friends, neighbours and our Common Home.

We try to live like Jesus, With God and Saint Joseph by our side.

# School Rules

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Be ready



Be respectful



Be safe

# Safeguarding concerns
















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If you have any safeguarding concerns regarding a child at St. Joseph's school (even during school holidays) please email [safeguarding@joe.srscmat.co.uk](mailto:safeguarding@joe.srscmat.co.uk).



# Online Safety

## APPS AND THEIR AGE RATINGS

13+		16+	
 Facebook	 Snapchat	 WhatsApp	
 Instagram	 Twitter	17+	18+
 TikTok	 Kik		
 YouNow	 Yubo		
 House Party	 Monkey	 Sarahah	 MeetMe
		 YOLO	 LiveMe

# School Dinner Menu



## Discover our spring & summer menu

Seasonal vegetables or salad served with every meal

**Week 1** W/C: 15.04.24 / 06.05.24 / 03.06.24 / 24.06.24 / \*15.07.24 / \*09.09.24 / \*30.09.24 / 21.10.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mild British beef chilli	Homemade Hawaiian pizza slice 🍕🍌	British sausages 🍌 with a Yorkshire pudding 🍌 & gravy 🍌	Southern style Quorn in a wrap 🌯🍌🍌🍌🍌	Fishy Friday 🐟🍌
Quorn dippers 🍌 with homemade sauce 🍌	"No Nut" Pesto pasta bake 🍌🍌	Veggie sausages 🍌 with Yorkshire pudding 🍌 & gravy 🍌	Creamy tomato lasagne 🍌🍌🍌🍌	Veggie fingers 🍌🍌
served on a bed of rice	served with pasta, sweetcorn and peas	served with creamy mashed potatoes 🍌 & vegetables	served with roasted garlic potatoes and fresh vegetable batons	served with chips & baked beans
Cook's choice of cookie 🍌	Jelly with fruit 🍌🍌	Iced finger 🍌	Sticky chocolate sponge 🍌🍌🍌	Caramel slice 🍌🍌

## Week 2

W/C: 22.04.24 / \*13.05.24 / 10.06.24 / 01.07.24 / 22.07.24 / 16.09.24 / 07.10.24

### MONDAY

British chicken with a korma or tikka sauce 🍗🍛

Veggie balls in a curry sauce 🌱🍛🍲

served on a bed of rice with a homemade flatbread 🍛🍲🍞

Cook's choice of cookie 🍪

### TUESDAY

Big British breakfast including sausage & bacon 🍳🍖

Veggie breakfast 🌱🍳

served with hash browns, tomatoes & baked beans 🍳🍅🍲

Chocolate cracknel with a side portion of fruit 🍫🍪🍏

### WEDNESDAY

Roast chicken with stuffing & gravy 🍗🍲

Cauliflower & leek bake with a crispy cheese topping 🌱🍲🧀

served with creamy mashed potatoes & vegetables 🍲🥔🥕

Carrot cake muffin 🥕🍪🍏

### THURSDAY

Margherita pizza slice 🍕🌱🍲

Veggie bolognese 🌱🍲🍲

served with tomato pasta & fresh vegetable batons 🍲🍝🥕

Chocolate mousse 🍫🍰

### FRIDAY

Fishy Friday 🐟🍲

Cheese & tomato swirl 🧀🍅🍲

served with chips & garden peas 🍲🍟🥕

Fruit crumble with ice cream 🍫🍌🍏

## Week 3

W/C: 29.04.24 / 20.05.24 / \*17.06.24 / 08.07.24 / 02.09.24 / 23.09.24 / 14.10.24

### MONDAY

Rainbow pizza slice with peppers and sweetcorn 🍕🌱🍲

Cheese & bean enchilada 🧀🌱🍲

served with tomato pasta & vegetables 🍲🍝🥕

Shortbread slice 🍪

### TUESDAY

Organic beef burger in a bun 🍔🍖

Vegan burger in a bun 🍔🌱

served with baby potatoes & baked beans 🍲🥔🍲

Lemon cake 🍰🍋

### WEDNESDAY

Roast gammon with apple sauce & gravy 🍖🍏🍲

Roasted Quorn fillet & gravy 🍲🌱

served with creamy mashed potatoes & vegetables 🍲🥔🥕

Chocolate crunch with a side portion of fruit 🍫🍌🍏

### THURSDAY

British chicken puff pastry pie 🍗🍲🍞

Vegan sausage roll 🍔🌱

served with potatoes & vegetables 🍲🥔🥕

Berry muffin 🍰🍓

### FRIDAY

Fishy Friday 🐟🍲

Macaroni cheese 🧀🍲🍲

served with chips & garden peas 🍲🍟🥕

Peaches & ice cream 🍫🍌🍑

# Uniform Policy

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No jewellery should be worn other than a watch and stud earrings.

There should be no nail varnish or make-up.

Long hair should be tied back in a plain headband or bobble.

All children need to bring a coat to school when the weather is cold for play times.

Please make sure that all clothes are labelled.

# SUMMER UNIFORM

(optional changes from after Easter holidays until October half-term holiday)

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White polo shirt (without a tie) can be worn in place of a shirt/blouse (if a shirt/ blouse is worn - a tie must also be worn)



*Nursery children - burgundy polo shirt*



Charcoal grey shorts



Red/white checked gingham dresses can be worn in place of a skirt/pinafore dress with white socks



Plain black shoes/plain black sandals

# PE Uniform

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Plain or school branded white t shirt

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Plain black shorts or joggers/plain black PE leggings/plain black tracksuit trousers

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Dark coloured trainers or black plimsols

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School jumper/cardigan/hoodie

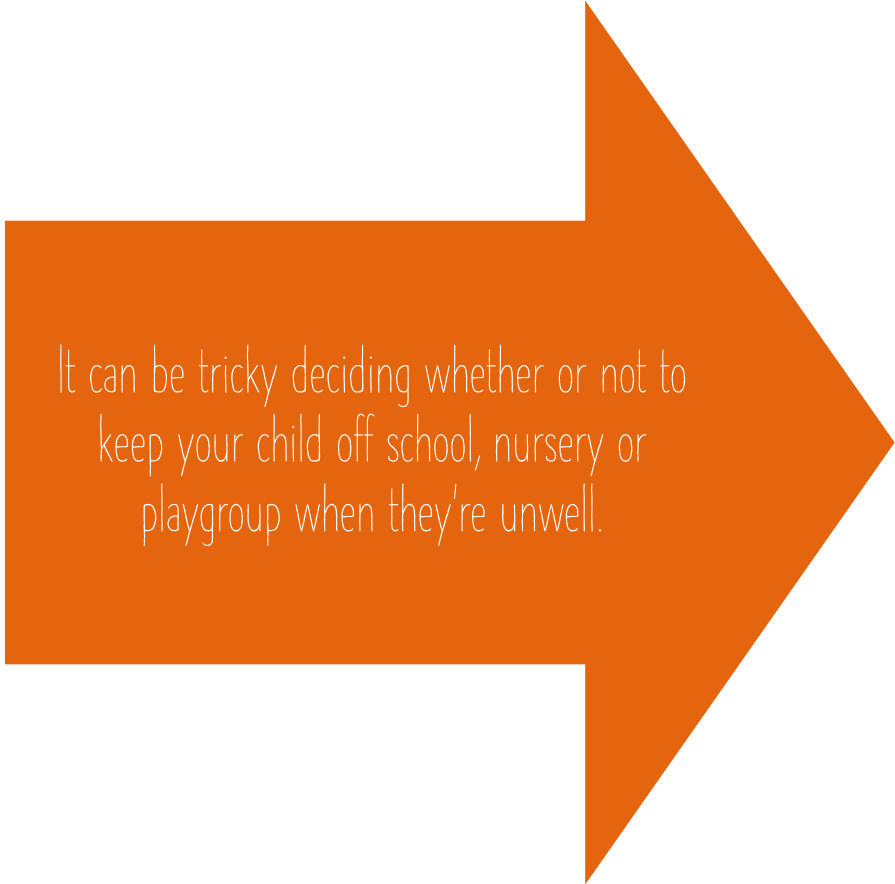


*All children will need  
a pair of Wellies for  
OPAL please  
(named)*

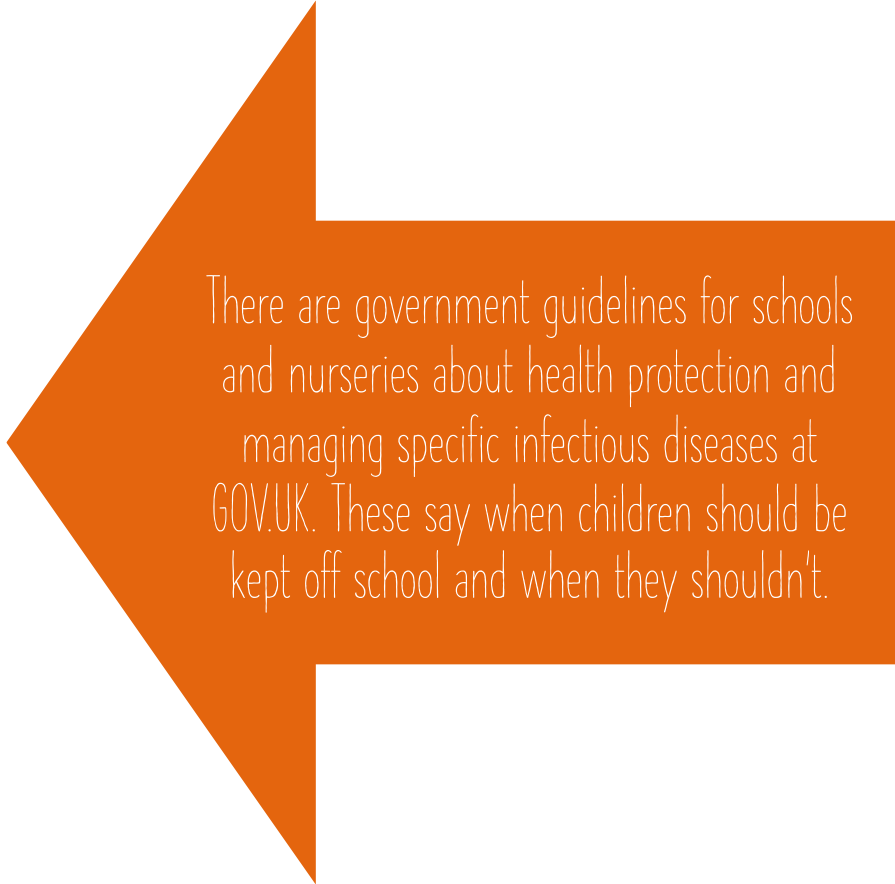
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# Is my child too ill for school?

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



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

## High temperature

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

## Feeling anxious or worried

It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache, or have problems eating or sleeping.

Avoiding school can make a child's anxiety about going to school worse. It's good to talk about any worries they may have such as bullying, friendship problems, school work or sensory problems. You can also work with the school to find ways to help them.

If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP or school nurse.

[Find information and advice about how to help children with anxiety](#)

## Coughs and colds

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

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

## 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](#), unless they are feeling very unwell.

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

## 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 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.

## Measles

If your child has [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.

## 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](#) should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

# Reminders

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Please could I remind you that we are a healthy school



If your child brings a snack for break time it must be a healthy snack please (fruit, cereal bar/rice cakes, etc – not crisps or chocolate)



Water in drinks bottles please (unless you have had a conversation with myself for alternative arrangements)



*All children must  
be in school by  
8:45am please*

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## Punctuality reminder

If your child arrives after the doors to school have closed (children in after the Daily Mile) they will need to be signed-in on the electronic system in the main entrance to school by an adult please.

This is to ensure the ultimate safety of our pupils as class registers will have closed by this point.

# Homework

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Parents who take a supportive role in their children's learning, make a difference in improving achievement and behaviour.

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Please support and encourage your child to complete the weekly tasks/activities.

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If you have any questions/need guidance or support, please just ask.

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Homework will be given out on Friday and must be handed in by the following Tuesday please.



# *Social Media*

Keep up-to-date with celebrations of the amazing things that are happening at Saint Joseph's via Facebook & Twitter



# Contact Us

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*Inspire each other – Grow together!*