



THE ACORN NEWSLETTER

Issue 184
26/1/24



Mighty oaks from little acorns grow

Dear Parents and Carers

We have very much enjoyed welcoming our first groups of parents and carers into school to share lunch with their child. Thank you to the adults in Owls and Blackbirds who have come in for lunch and for the lovely comments about the food and lunchtime experience.

The barrier at the entrance to the carpark is now operational. It will be in use at similar times to the temporary barrier at the start and end of the day. If you approach the entrance and the barrier is down, you will be able to buzz through to the office for assistance during the school day. Please take care when approaching the school by car, or by foot, to be considerate of pedestrians on the pathways.

Yours sincerely
Holly Marchand, Headteacher

**Free
School
Meals**

Are you entitled?

Families whose children are eligible for free school meals receive a supermarket voucher to help fund food costs during the school holidays.

You can check if your child is eligible by following this link:

<https://www.suffolk.gov.uk/children-families-and-learning/schools/school-meals-uniforms-and-trips/apply-for-free-school-meals>

Measles

How to check if you or your child has measles

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

Cold-like symptoms

The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes

Spots in the mouth

Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days.

The measles rash

A rash usually appears a few days after the cold-like symptoms.

The rash starts on the face and behind the ears before spreading to the rest of the body. The spots of the measles rash are sometimes raised and join together to form blotchy patches. They're not usually itchy.

The rash looks brown or red on white skin. It may be harder to see on brown and black skin. It's very unlikely to be measles if you've had both doses of the MMR vaccine or you've had measles before.

Measles usually starts to get better in about a week.

After seeing a GP, there are things you can do to help ease the symptoms and reduce the risk of spreading the infection.

It can help to:

- rest and drink plenty of fluids, such as water, to avoid dehydration
- take Paracetamol or Ibuprofen to relieve a high temperature – do not give aspirin to children under 16 years
- use cotton wool soaked in warm water to gently remove any crusts from your or your child's eyes



Attendance Matters



Every Day Counts....

This year, we are working with a new Education Welfare Officer, Tracy Vincent, who comes into school each half term to check our registers and support us with improving our attendance.

As a result of this, we are monitoring any children whose attendance slips below 90% (as this is classed as Persistent Absence).

Please can we remind you to contact the school office on the morning of your child's absence, giving as much information (medical or otherwise) about the absence.



Suffolk
Wildlife Trust

This week we have enjoyed our first visit from Vicky Eyles from Suffolk Wildlife Trust, who came and spoke in an assembly about our exciting project to become a 'Wilder School'. Vicky then visited each classroom to talk to the children further about the work of Suffolk Wildlife Trust and how they will become part of our 'Wilder School'.

The project will run for three years and we will be working on developing our environmental area and school grounds to promote an interest in nature and the protection of the environment.

Vicky commented on how enthusiastic our staff and pupils were about this exciting piece of work. Throughout the rest of the year, Vicky will be coming in to work alongside staff and pupils across the school on developing the outdoor areas.



Weds 31st Jan – Eagles Parent Lunch
Weds 7th Feb – Swifts Parent Lunch
Weds 14th Feb – Songthrushes Parent Lunch
Friday 16th Feb – FOS Non School Uniform
Friday 16th Feb – FOS Meeting 1.30
Friday 16th Feb – FOS Cake Sale 3.15
Mon 19th Feb – Half Term Week
Weds 28th Feb – Swallows Parent Lunch
Weds 6th March – Skylarks Parent Lunch
Fri 8th March – World Book Day
Weds 13th March – Wrens Parent Lunch
Fri 15th March – Red Nose Day/Non School Uniform
Tues 19th March – Parents Evening
Weds 20th March – Robins Parent Lunch
Thurs 21st March – Parents Evening
Friday 22nd March – FOS Meeting 1.30
Friday 22nd March – FOS Cake Sale 3.15
Weds 27th March – Wagtails Parent Lunch
Mon 15th April – First Day of Summer Term
Weds 17th April – Kingfishers Parent Lunch
Weds 24th April – Greenfinches Parent Lunch
Friday 26th April – FOS Meeting 1.30
Friday 26th April – FOS Cake Sale 3.15
Mon 6th May – Bank Holiday
Mon 13th May – Y6 SATS Week
Mon 20th May – Science Week
Friday 24th May – FOS Non School Uniform
Friday 24th May – FOS Meeting 1.30
Friday 24th May – FOS Cake Sale 3.15
Tues 21st May – Class and Leavers' Photos
Mon 27th May – Half Term Week
Friday 14th June – Whole School History Day
Friday 21st June – FOS Meeting 1.30
Friday 21st June – FOS Cake Sale 3.15
Thurs 27th June – Sports Day
Weds 3rd July – Y6 Leavers Party 6.00-7.30
Thurs 4th July – Reserve Sports Day
Tues 9th July – Y6 Production
Weds 10th July – SJLHS Awards Evening
Thurs 11th July – Y6 Production
Friday 12th July – FOS Non School Uniform
Friday 12th July – FOS Meeting 1.30
Friday 12th July – FOS Cake Sale 3.15
Tues 16th July – Y6 Last Day
Tues 16th July – Y6 Leavers Assembly
Wed 17th July – Y6 Transition Day - SJLHS
Thurs 18th July – Y6 Transition Day - SJLHS
Fri 19th July – Y6 Transition Day - SJLHS
Fri 19th July – Last Day of Term