



Friday 24<sup>th</sup> January 2025

Dear Parents/Carers,

### Illness



Please see below information regarding Scarlet Fever and Chicken Pox. We have been made aware of some children who are on our school site that have been diagnosed as having Scarlet Fever and Chicken Pox. **If you think your child may have either of these, please contact your GP or seek medical advice and let school know as soon as possible so that we can manage our infection control processes.**

### Scarlet Fever

**Just a reminder regarding Scarlet Fever and what you should do if you suspect your child/children may have it:**

Scarlet Fever is highly contagious, and if not treated with antibiotics can be infectious for 2 to 3 weeks from the onset of symptoms.

It is important that if you suspect that your child may be displaying any of the symptoms associated with Scarlet Fever/Strep A, please take the following steps:

- Do not send your child into school
- Seek advice from your GP or consult 111.
- If Scarlet/Fever is confirmed - keep your child off school until 24hrs after commencing the appropriate antibiotic treatment. Please see attached on the following page information from the UK Health Security Agency and a link to the NHS guidance regarding Scarlet Fever:

<https://www.nhs.uk/conditions/scarlet-fever/>

If you have any queries or questions about the information provided, please contact the school office.

### Chicken Pox

**Just a reminder regarding Chicken Pox and what you should do if you suspect your child/children may have it:**

Chickenpox is common and mostly affects children, but you can get it at any age. It usually gets better by itself after 1 to 2 weeks without needing to see a GP.

Check if its Chicken Pox - An itchy, spotty rash is the main symptom of chickenpox. It can be anywhere on the body. Chickenpox happens in 3 stages. But new spots can appear while others are becoming blisters or forming a scab. Stage 1: small spots appear

The spots can:

be anywhere on the body, including inside the mouth and around the genitals, which can be painful

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spread or stay in a small area  
be red, pink, darker or the same colour as surrounding skin, depending on your skin tone  
be harder to see on brown and black skin

### How to treat chickenpox at home

Important: Stay off school or work

You'll need to stay away from school, nursery or work until all the spots have formed a scab. This is usually 5 days after the spots appeared.

#### Do

drink plenty of fluid (try ice lollies if your child is not drinking) to avoid dehydration

take **paracetamol** to help with pain and discomfort

cut your child's fingernails and put socks on their hands at night to stop them scratching

use cooling creams or gels from a pharmacy

speak to a pharmacist about using **antihistamine medicine** to help itching

bathe in cool water and pat the skin dry (do not rub)

dress in loose clothes

#### Don't

do not use **ibuprofen** unless advised to do so by a doctor, as it may cause serious skin infections

do not give aspirin to children under 16

do not go near newborn babies, or anyone who is pregnant or has a weakened immune system, as chickenpox can be dangerous for them

do not scratch the spots, as scratching can cause scarring

Non-urgent advice: Speak to a GP if:

you're not sure it's chickenpox

you're concerned about your child

Tell the receptionist you think it might be chickenpox before going in to a GP surgery.

### Leavers Hoodies - Year 4 2025



It is that time of year where we start to plan ahead for our Year 4 leavers with a special keepsake! We are excited to offer leavers hoodies for 2025 at a cost of £18.50 each. This price includes a high-quality hoodie with the school logo embroidered on the front and a back print featuring the names of all the leavers.

**Closing date for website 17/3/25.** If you would like your child's name to be included on the hoodie, please complete the permission form available here:

<https://forms.office.com/e/VeCOS3qKhW>

Additionally, for an extra £3, you can opt for further personalisation to make the hoodie even more special. Let's make this a memorable farewell for our Year 4 students!

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To buy a hoodie please visit the following link: <https://smartuniform.co.uk/product/squirrel-hayes-leavers-hoodies/>

**#wakeupwednesday - What Parents & Educators Need to Know about Health & Fitness Apps**

From data privacy worries to potential costs, it's important to understand the risks posed by fitness apps - especially for younger users. This week's guide and the latest episode of the #WakeUpWednesday podcast address some concerns around these platforms

Download here >> <https://ow.ly/HV3T50UKg31>

Listen here >> <https://ow.ly/ic8a50UBtAe>

**What Parents & Educators Need to Know about HEALTH & FITNESS APPS**

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

**LACK OF PERSONALISATION**  
 Many apps take a one-size-fits-all approach, but they don't take into account the unique characteristics of individual users. For example, they may not consider a user's age, gender, or health status. This can mean that recommendations and advice are not tailored to the user's needs, which could be particularly risky for younger children or those with health conditions.

**DATA AND PRIVACY CONCERNS**  
 Many apps and web services collect a lot of personal information from their users, including names, locations, date of birth, details of their health and fitness, and more. This information is often stored in the cloud, and many apps have security vulnerabilities. If a hacker gains access to this data, they could use it for identity theft or other malicious purposes.

**ADDITIONAL COSTS**  
 While many fitness apps are free to download, they often have in-app purchases for additional features or content. Some apps also have subscription fees. It's important to be aware of these costs before downloading an app.

**DEPENDENCY ON THE APP**  
 While physical wellbeing apps can help motivate users, they should not be relied on as the sole source of health and fitness advice. It's important to consult with a healthcare professional for personalized advice and to ensure that app usage does not interfere with other health and fitness activities.

**ADVICE FOR PARENTS & EDUCATORS**

**EXERCISE AND SOCIALISE**  
 Highlights the importance of children engaging in physical activity with friends and family, rather than always using apps. Emphasizes the fact that only time by participating in physical activity can truly help improve health and fitness. It also highlights the importance of staying active, as well as the benefits of staying socially connected.

**PROMOTE POSITIVE BODY IMAGE**  
 While we want children to be active and healthy, we must also ensure they don't become obsessed with their appearance. Encourage them to focus on feeling strong and confident, rather than just on the number on the scale. It's also important to promote a healthy relationship with food, emphasizing that it's not just about calories but about enjoying a variety of nutritious foods.

**REVIEW THE APP FIRST**  
 Before allowing someone under 16 to install a fitness and wellbeing app, check the app's privacy policy and terms of use. Look for any red flags, such as requests for unnecessary permissions or data. It's also a good idea to read reviews from other users to get a sense of the app's reliability and safety.

**USE PARENTAL CONTROLS**  
 As with all apps, it's important for parents to familiarize themselves with the controls on the app and to use these to control the child's access. The specific settings vary between platforms but - most commonly - there will be an option to restrict the app's access to the internet, to limit the amount of data it can collect, and to restrict the app's ability to share data with other apps or services.

Meet Our Expert  
 Dr Claire Bellfield is an online safety consultant, educator and researcher. She has written national education papers and worked with the Department for Education on online safety and wellbeing of young people in the UK, USA and Australia.

WakeUpWednesday The National College

Source: See full reference list at <https://www.nationalcollege.org.uk/wakeup-wednesday>

@wakeup\_weds #wakeupwednesday @wakeupwednesday @wakeup\_weds

**Parent Pay Debts**



As you may know, the cost of school dinners has risen to **£2.95** and we are seeing increasing lunch debts. We understand with the current climate surrounding the cost of living that things will be a bit tight but **would ask that you check that you can pay for your child/children's dinner before ordering one each day.**

When a child has a school lunch and they do not qualify for Free School Meals or Universal Free School Meals (e.g. in Reception or Year 1 or Year 2) it automatically becomes a debt on your parent pay account. This will need

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to be paid daily to keep the debt off your parent pay account. You can top up your child/children's parent pay account each week so that you do not have pay daily if this helps.

Could your Child/Children be entitled to Free School Meals?



We are writing to inform you that your child/children may be entitled to free school meals. The application process is quick and easy, and you can receive a decision straight away.

To apply for free school meals, please visit the following link:

<https://www.staffordshire.gov.uk/.../apply-online.aspx>

In addition to free school meals, you can also benefit from:

- Education Support Fund Vouchers: These vouchers can help with shopping expenses.
- Holiday Activities Fund: This fund provides free hours for child care during the school holidays.

Once you have completed the application, could you please let us know the outcome of the decision as soon as possible? You can send a screenshot of the decision and send it to [office@squirrelhayes.staffs.sch.uk](mailto:office@squirrelhayes.staffs.sch.uk)

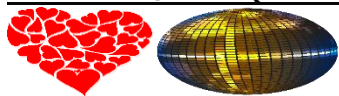
Edwards and Ward Catering Firm Update



Unfortunately we have been made aware that the catering company that provides lunches for the school is due to increase their meal prices due to cost pressures. See below:

Effective from 1<sup>st</sup> April 2025 school meal prices will increase from £2.95 to £3.20 this change will not come into effect until 1<sup>st</sup> April 2025.

Valentines Disco - (Monday 10<sup>th</sup> February 2025)



Our Valentines Disco will be taking place on Monday 10th February from 3:15pm - 4:30pm. The entrance fee will be £1.50 and will include a snack and drink. This will need to be paid for on 'Parent Pay'.

Unwanted/old school uniform?



We are excited to announce a new initiative in collaboration with our uniform provider, Smart School Uniform. If your child has outgrown their school uniform, we kindly ask you to consider donating any items that are still in good condition.

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You can bring the unwanted uniforms to the school, and we will pass them on to Smart School Uniform. They will then include these items in their pre-loved uniform service, offering them free of charge to other parents and carers in need.

This initiative not only helps other families but also promotes sustainability by giving uniforms a second life.

**February Half Term - School Closure and INSET Day**

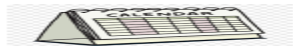


School will finish at the normal time of **3:15pm on Friday 14<sup>th</sup> February 2025.**

**School will re-open to Pupils on Tuesday 25<sup>th</sup> February 2024 at 08:45am.**

Please note that school will be closed to pupils on Monday 24<sup>th</sup> February 2024 as this is an INSET day and staff will be in school for training.

**Important Dairy Dates**



Please find below a table of events that have been planned for the Autumn Term. Please note that we always try our best to stick to the planned dates and times but on occasion's changes have to be made due to unforeseen circumstances. If this is the case, we will always try to give you as much notice as possible. *Please note dates in blue have been added or changed:*

DATE	EVENT	CLASS
Tuesday 4 <sup>th</sup> February 2025	Finance & Personnel Governors Meeting	Governors
Monday 10 <sup>th</sup> February 2025	Valentines Disco	All Classes 3.30pm - 4.30pm
Tuesday 11 <sup>th</sup> February 2025	Online Safety Assembly	All Parents/Carers - 2.30pm
Friday 14 <sup>th</sup> February 2025	School closes for pupils and staff at 3:15pm for the half term holiday.	All classes
INSET Day Monday 24 <sup>th</sup> February	School closed to pupil but open to staff for training.	All classes
Tuesday 25 <sup>th</sup> February 2025	School re-opens to Staff and Pupils at 08:45am	All classes

Yours sincerely,  
 Mrs E. J. Pickford (Headteacher) & Team

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(a mutual co-operative membership trust)