



# VERWOOD C E FIRST SCHOOL & NURSERY

## NEWSLETTER

Autumn Term

Friday 10th November 2023

Dear Parents/Carers

This week we have held further open visits for prospective families. These have been fantastic and a wonderful opportunity for both myself and the teaching staff to share with families what we offer at Verwood First School. We are very proud of how well children have settled into school, engaged with their learning and the curriculum offered through to Year 4. If you know of anyone who has missed these events but would like to know more about the school please contact the office to arrange a visit.

This week our Base worship was helping children to understand why we wear poppies. Thank you to everyone who has given to the British legion collection and bought poppies. In school we have shared the importance of celebrating peace and kindness to others. As we approach Remembrance weekend, we wish you well if you are involved in a local remembrance parade.

We have shared at the end of this newsletter some guidance to support children and winter coughs. It is the time of year with lots of coughs and colds around and I hope you will find this reassuring and supportive.

Wishing you all a super weekend,

**Katharine Anstey**  
**Executive Headteacher**

### Attendance

Thank you for your support in ensuring your child's attendance in school and being on time every day . Good attendance in school is a top priority and our expectation is that pupils attend school every day for every session.

### This week's attendance

Oak Base	94.39%
Sycamore Base	95.05%
Beech Base	96.94%
Willow Base	94.4%
Ash Base	94.76%

### Children Celebrated in Praise Worship

	Nursery	Oak Base	Sycamore Base	Beech Base	Willow Base	Ash Base
Headteacher's Award	Freya G	Willow T Freddie M	Harrison C Rosie G	Beau C Imogen S	Bethany B Artem K	Isabelle F Xante S
Fruit of the spirit Award	Leo J	Mila L Sebastian D	Oscar O Emily B	Oliver S Evie F	Joseph S Rafe P	Joshua D Maisie P

### Reminders

Anti-Bullying Week will start with **Odd Socks Day** on **Monday 13th November**, where children, staff and parents are invited to wear odd socks to celebrate what makes us all unique.

Photo deadline for Fraziers is this Sunday 12th November



## Christmas Lunch

Christmas lunch this year will be on Wednesday 13th December . Please see the menu below . This will be bookable from next week up until 29th November . This is always a popular event with the children.

# Christmas Lunch Menu

Roast Turkey, Roast potatoes  
Peas and carrots, Stuffing  
Sausage.

Vegetarian Feta, Spinach and  
cranberry puff pastry roll, Roast  
potatoes  
Peas and carrots

Chocolate rice krispie



COME JOIN  
THE FUN!



# BRS CHRISTMAS CAMP

**MATCHES, TOURNAMENTS & MEDALS TO BE WON!  
COME JOIN THE FUN THIS CHRISTMAS.**

## BRS FOOTBALL CAMP

Monday 18<sup>th</sup> December - Thursday 21<sup>st</sup> December

9am - 3pm

**Location:** BRS Home Ground, Chapel Gate  
BU Sports Campus, Parley, Christchurch, BH23 6BL.

**Ages:** 5 - 12 years

**BRAND NEW LOCATION!**  
BRS HOME GROUND AT CHAPEL GATE



## ELITE TRAINING CAMP BY BEN SAINSBURY



Monday 18<sup>th</sup> December  
u7's - u8's

Tuesday 19<sup>th</sup> December  
u9's - u10's

Wednesday 20<sup>th</sup> December  
u11's - u13's

9am - 3pm

**Location:** BRS Home Ground,  
Chapel Gate/BU Sports Campus,  
Parley, Christchurch, BH23 6BL.

For bookings please visit our website shop at [www.brscoachingacademy.co.uk/football-coaching/shop/](http://www.brscoachingacademy.co.uk/football-coaching/shop/)  
For more info contact Ben Sainsbury on 07842760224 or email [info@brscoachingacademy.co.uk](mailto:info@brscoachingacademy.co.uk)



# VERWOOD C E FIRST SCHOOL & NURSERY

## Dates for your Diary

### December

1.12.23	Christmas Activity in school 5-7pm
5.12.23	Nursery, Oak and Sycamore Christmas performance 9.30-10.15am
6.12.23	Nursery, Oak and Sycamore Christmas performance 1.45pm - 2.30pm
7.12.23	Beech and Willow Christmas Carols 2-2.45pm Year 4 Christmas Service at St Michael's church 9.30am
8.12.23	Beech and Willow Christmas Carols 9.30am
14.12.23	Christingle service -Whole School Families welcome to join

### February

26.02.24	Parent Consultation meetings - after school.
29.02.29	Parent Consultations Meetings - after school.

### March

7.03.24	World Book Day - Theme TBC
27.03.24	Easter Service

### May

7.05.24	Year 4 PGL residential
3.05.24	Whole School Photos

### June

28.06.24	Transfer Day - Year 4 visit middle schools
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### July

5.07.24	Year 4 Community Leavers service Wimborne Minster
23.07.24	Year 4 leavers assembly 9.30am Verwood First



# Caring for children with COUGHS

This leaflet contains information about how to look after a child who has a cough (not due to asthma).  
For more detail see [www.bristol.ac.uk/child-cough](http://www.bristol.ac.uk/child-cough)



## COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

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## DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

**For children over 1 year**, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

**For children over 2 years**, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.



## FEVER/HIGH TEMPERATURE

**In children, a temperature of over 37.5°C is considered a fever.**

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

## DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

**All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.**

**To help prevent dehydration, encourage your child to have sips of water.**



## WHEN TO SEE THE DOCTOR

Arrange to see or speak to your doctor today if any of the following occur:

### RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

AGE OF CHILD	BREATHING RATE
Babies under 6 months	over 60 breaths per minute
Babies 6-12 months	over 50 breaths per minute
Children over 1 year	over 40 breaths per minute
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath

### HIGH OR PERSISTENT FEVER (DEPENDING ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Babies under 3 months	38°C or more
Babies 3-6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days
If your child has a fever fit, call 999 or take them to A&E.	

### VOMITING (DEPENDING ON AGE):

AGE OF CHILD	SYMPTOMS
Babies under 3 months	Vomiting + fever of 38°C or above
Babies 3-6 months	Vomiting + fever of 39°C or above
Children over 6 months	Vomiting + fever + extremely drowsy or listless
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)
Any age	Persistent vomiting (more than 2 days)

### SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. **If skin, lips or tongue appear blue, call 999.**

### PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

### HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

### NOT FEEDING

**Babies under 1 year:** if your child stops feeding entirely.

