

Dear Upper Horfield,

We hope you had a wonderful winter break! The children have returned looking fully refreshed, invigorated and ready to learn, though there were a few of us who needed a bit of time to adjust to being back, the morning routine, the pace of school life and of course the effects of chocolate and mince pie withdrawal!

Well done to all of you who are getting the children in every day and on time, especially with the weather being tricky at the moment. Please remember, if you aren't quite sure about whether your child is well enough to come to school, we are keen to have them in and we can monitor them. We have added some of the latest government advice on making that decision of whether to send them in or not, later in the newsletter.

Some of the things we are looking forward to, for this term are The Year 2 Class Assembly on 17th January, The Year 5 Class Assembly on 24th January, The Year 3 trip to Bristol Museum to support their topic on the Ancient Egyptians. We are also very excited about our Design Technology Day on 25th January, where all the classes will be given a DT challenge and the opportunity to compete against each other. Details of this will follow.

Is my child too ill for school?

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 [managing specific infectious diseases at GOV.UK](https://www.gov.uk/guidance/when-to-keep-a-child-off-school). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

Other illnesses

Follow this advice for other illnesses:

Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a fever, keep them off school until it Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature

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

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.

Conjunctivitis

You don't need to keep your child away from school if they have conjunctivitis. 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.

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).



How can I get my child to eat healthier if they won't try new things?



Peter Humbles, Family Nutritionist

Our top 6 tips to tackle fussy eating at home

1. The big "why"? Why don't they try new things? Are there tastes or textures they love or hate?

2. Check your language. Aim for encouraging language and avoid labelling. Swap "my child doesn't eat vegetables" for "my child loves sweetcorn."

3. Lower anxiety at mealtimes. Phones away and focus on chatting. There's no need to pressure them to try new foods.

4. Exposure. Get them to pick out fruits and veg when you're out shopping and ask them to help chop them up.

5. Routine. Set mealtimes to build regular habits and aim for 2 healthy snacks per day between meals.

6. Make it fun! Make funny face pizzas and add some new toppings.



Sign up today!



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...or click here
to find out more



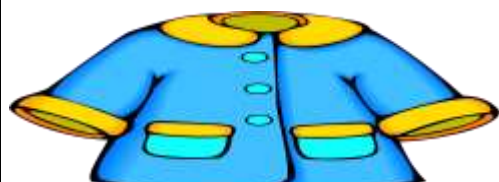
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Reminder to apply for School Places 2024

Applications for school places to start next September must be completed by 15 January 2024. This can be done online at www.bristol.gov.uk/schooladmissions

Autumn/Winter

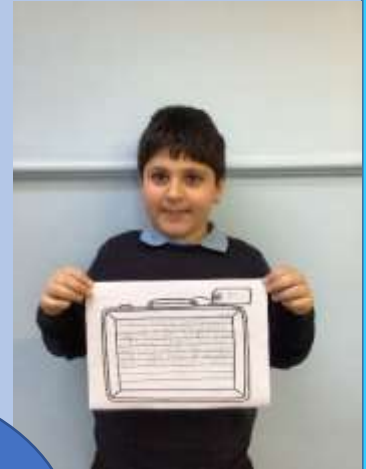
Parents/Carers with the cold weather spell, please remind your child/children to bring their coats/jackets, hats, scarfs and gloves to school.



Year Two - Intrepid Explorers

"We had so much fun learning about Christopher Columbus – did you know he taught himself when he was a child?"

"I love learning about explorers – I want to be an explorer when I'm older!"



Diary Dates

Year 2 Class Assembly

Wednesday 17th January

Year 1,2 Trip to SS Great Britain

Thursday 18th January

Year 5 Class Assembly

Wednesday 24th January

Design Technology Day

Thursday 25th January

Year 3 trip to Bristol Museum

Tuesday 6th February

Uniform Sale

Item	Size	Price	Quantity
 Sweatshirt (Navy)	25" (Age 4-5)	£7.50 £4.00	2
	26" (Age 5-6)	£7.50 £4.00	4
	28" (Age 6-7)	£7.50 £4.00	3
	30" (Age 7-8)	£7.50 £4.00	16
	35" (Age 13)	£9.50 £4.50	2
	36" (Adult XS)	£9.50 £4.50	6
	38" (Adult Small)	£9.50 £4.50	3
 Cardigan (Navy)	25" (Age 4-5)	£9.00 £4.50	22
	26" (Age 5-6)	£9.00 £4.50	1
	32" (Age 9-10)	£9.00 £4.50	4
	34" (Age 11-12)	£9.00 £4.50	2
	36" (Adult XS)	£10.50 £5.00	8
	38" (Adult Small)	£11.00 £5.50	2
 Polo Shirt	24/26" (Age 3-4)	£6.00 £3.00	12
	36" (Age 13)	£6.00 £3.00	12
	38/40" (Adult Small)	£11.00 £5.50	3
 Zipped Fleece	24/26" (Age 3-4)	£10.50 £5.00	1
 P.E T-Shirt	24" (Age 3-4)	£4.50 £2.50	1
	32" (Age 9-10)	£4.50 £2.50	0
	34" (Age 11-13)	£5.50 £3.00	0
	36/38" (Adult Small)	£5.50 £3.00	1
Bookbag		£5.50 £3.00	0
P.E Bag		£3.50 £2.00	3

We have spaces in our Nursery in January!

<https://www.upperhorfield.bristol.sch.uk/>



Exciting and stimulating
environments inside and
outside

Completely free places for:

- 3 year olds (15 and 30* hours)
- 2 year olds (15 hours currently* and for working parents from April 2024*.)
* dependent on eligibility
- Any hours outside of free entitlement charged at £8 an hour (all age groups)

**2 – 4 year old
spaces**


Open 8am – 5pm

Highly experienced
and dedicated staff



Strong partnership
with the school

Flexible
spaces



A welcoming and
supportive setting where
your child can grow and
flourish



Phone us to book a tour!

0117 9031281

Places filled on a first come first served basis.
Join the waiting list now for April and
September 2024!