

Dear Upper Horfield,

We're half way through the year, the time has just flown by!

Since our last newsletter our year 3 children have enjoyed visiting the Bristol Museum, to support their learning on Ancient Egypt. Also, thank you to all the parents who managed to attend the Coffee Morning with our school nurse. If you were unable to attend and have any questions for the school nurse, please contact either Mrs. Briley or Mrs. Newman via the school's main office, and they will be able to help.

In this week's edition of the newsletter, we have some information about keeping our children and community safe from measles and also reminders about attendance. In addition, we are having a big push on getting all our children to bring their P.E. kit in school and reduce the amount of jewelry being worn. There is a section on this later in the newsletter.

Finally, we are delighted to be able to offer a wide range of FREE after school clubs from the start of next term, all the way through to the end of the year. Our student council have consulted with the children through the school, to find out about what kind of extra-curricular clubs they would like and we have used this to organise clubs from next term. See below for details of the clubs and how to apply for a place. An emailed letter has also been sent out and posted on Class Dojo.

Diary Dates

Last day of term

Friday 9th February

Term 4

Monday 19th February

World Book Day

Thursday 7th March

Year Reception, Year 1 and Year 2 Trip to Wild Place

Wednesday 20th March 2024

Donations For Reception Roleplay

Parents/Carers, next term, we are transforming our roleplay play area into a hospital in Reception class. Could you please donate any items related to the hospital, such as plasters, bandages, cotton balls, etc.

Information on Measles

There is currently no reported cases of measles in Bristol but cases are growing in other parts of the country and in all ages. Bristol city council have worked with the UKHSA to develop a proactive local action plan to get ahead of any outbreak. Part of this is raising awareness and encouraging all parents to ensure their child has had the MMR vaccine (and adults to if they have never had it).



- measles outbreaks happen when not enough children have been vaccinated
- measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill
- your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection
- if your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible*
- if you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- if you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected

*In response to a local outbreak then the 2 doses can be given one month apart from the

Answers to some common questions about measles and the MMR vaccine

Why are we seeing these outbreaks of measles?

Measles is a highly infectious disease, spreading quickly from person to person, especially in schools. A child with measles will infect almost all unprotected children they have contact with. Since the end of 2017 there has been an increase in measles globally which has affected the UK. This has resulted in some spread into wider communities, in particular in undervaccinated groups.

When are the MMR vaccinations usually given?

The best times are between 12 and 13 months of age and again at 3 years and 4 months, with one dose on each occasion. But, if your child wasn't vaccinated then, they can be vaccinated at any age with 2 doses one month apart.

Will there be any side effects to the vaccination?

Your child may get the symptoms of measles, mumps and rubella for up to 6 weeks after the vaccination but in a very much milder form. This proves that the vaccine is working and your child is building up resistance to future contact with the viruses that cause the 3 diseases. Not all children show these symptoms but that doesn't mean the vaccine isn't working.

Should parents in outbreak areas get vaccinated against measles?

As with many diseases, once you have had measles, you don't catch it again because you have built up a natural resistance to it. So, if you've had measles or 2 doses of MMR vaccine you do not need to get vaccinated now.

For more information about measles and MMR go to
www.nhs.uk/conditions/measles/

NHS

Immunisation Information

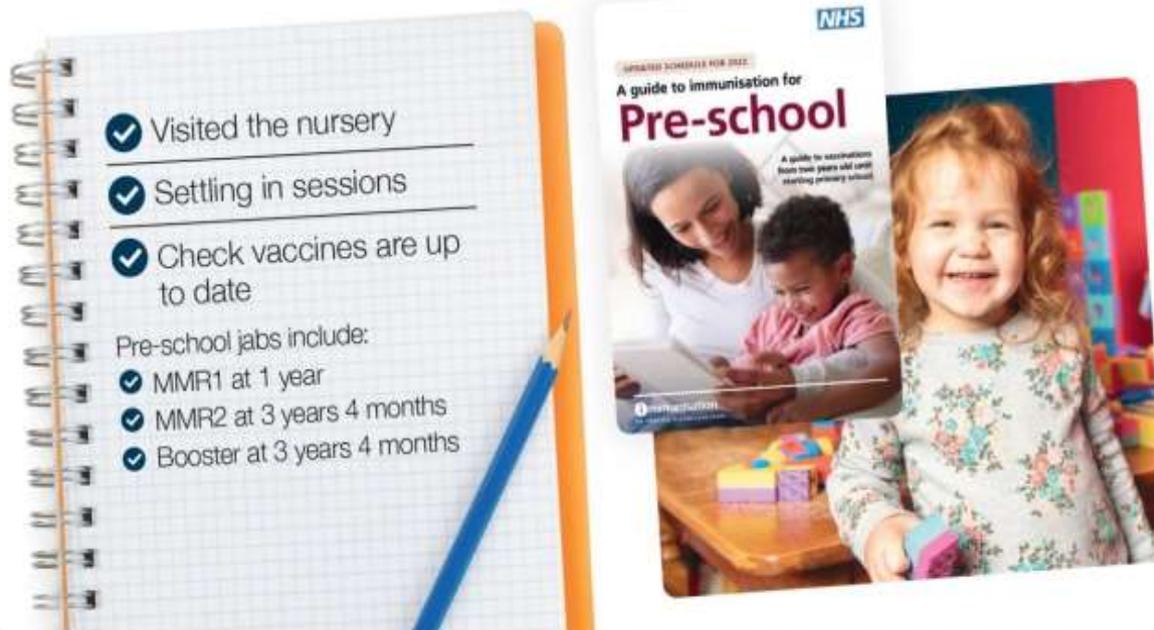


UK Health
Security
Agency

NHS

Starting nursery?

When your child starts nursery they will be learning and playing with more children. If they are not up to date with their jabs, they could be at risk of catching preventable diseases.



- ✓ Visited the nursery
 - ✓ Settling in sessions
 - ✓ Check vaccines are up to date
- Pre-school jabs include:
- ✓ MMR1 at 1 year
 - ✓ MMR2 at 3 years 4 months
 - ✓ Booster at 3 years 4 months

Check their personal health record (Red Book) and contact their GP surgery to ensure your child has had all their routine vaccinations. To get the best protection for your child, they need to have had two doses of MMR vaccine and be up to date with all their routine vaccinations.

For a full checklist of all the vaccines and the ages at which they should ideally be given visit:

www.nhs.uk/conditions/vaccinations

Scan here: MMR for all leaflet



qrco.de/MMRFORALL

immunisation

Helping to protect everyone at every age

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UK Health
Security
Agency

Measles: How to Stay Safe

The best protection is 2 doses of the safe, effective MMR vaccine at 1 year of age, and 3 years, 4 months



If you have not had two doses, you can get them free from your GP surgery



Know the symptoms!
Keep people with symptoms away from others



Call ahead before going to A&E or your GP



Symptoms

Rash



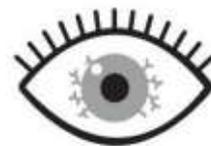
Temperature



Runny Nose



Red Eyes

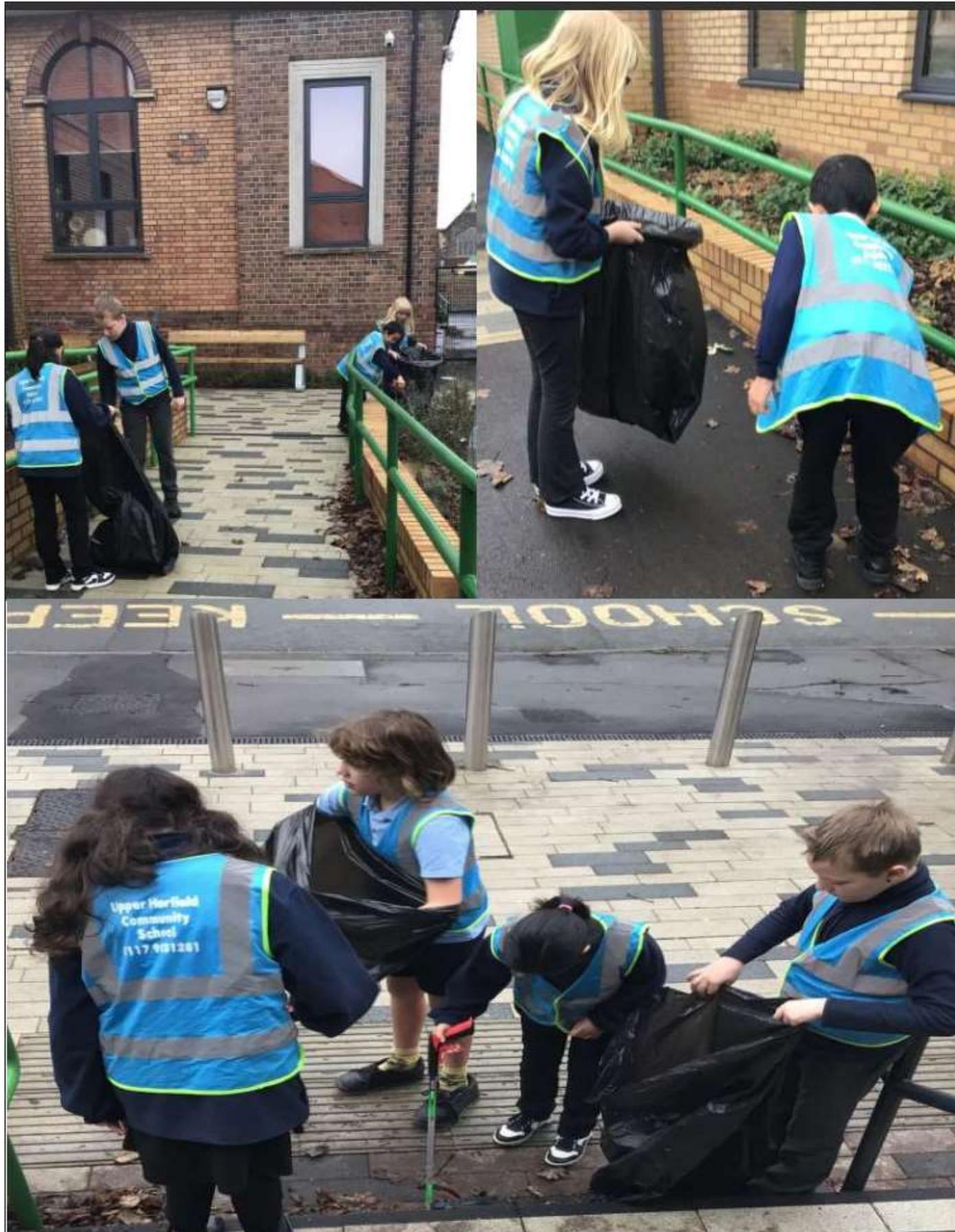


Cough



Thank You to Our School PTA for Buying Us Some Litter Pickers

The school council have been out at breaktimes and have done some litter picking outside the front of the school.





P.E. at Upper Horfield!

Our children's current P.E. days are as follows:

Reception: Thursdays

Year 1: Wednesdays and Fridays

Year 2: Tuesdays and Thursdays

Year 3: Mondays and Thursdays

Year 4: Tuesdays and Thursdays

Year 5: Mondays and Wednesdays (swimming)

Year 6: Wednesdays and Fridays

Simple Reminders

P.E. Kit

- Shorts (preferably black or navy blue)
- Tee-shirt (preferably white)
- Trainers or Daps (pumps/ plimsolls)

Can my child keep their P.E. kit in school?

Yes, we recommend that they keep their kit in school, especially for our younger children. Older children may need to bring it in just on their P.E. days. This is for reasons of hygiene and good practice for secondary school.

Can my child wear jewelry in school?

Children can only wear small stud earrings or jewelry that is worn for religious reasons. Stud earrings have to be taken out for P.E. and the teacher will return them after the session.

What happens if my child doesn't have their P.E. kit in school?

If your child doesn't have their P.E. kit, they can't take part in the P.E. lesson and will be given other work to do. This may be in another class. The class teacher will let parents know if their child did not have their P.E. kit, via Class Dojo.

What happens if my child comes to school wearing jewelry that isn't allowed?

If a child comes to school wearing jewelry that isn't allowed (i.e. it is not worn for religious reasons or earrings that are not small studs), they will have to give it to the teacher, who will look after it and return it safely to the parent.

Thank You!

Dear parent/ carer,

We are delighted to offer a variety of extra-curricular clubs from the first week back next term. This will run through terms 4, 5 and 6. We have consulted with the children at the school, through our student council and we are delighted to be able to offer most of the activities that our children were requesting.

The clubs are as follows:

Arts and Crafts Club (years 3 to 6)

Every Thursday with Mrs Briley 3:15 to 4:15pm

We'll give your child the chance to express themselves artistically, through a variety of arts and crafts activities including sketching, 3D drawing, collage, paint, paper folding and more!

Creative Writing Club (Years 1 to 6)

Every Wednesday with Miss Stobbart and Mrs Bullas 3:15 to 4:15pm

Music, pictures and fascinating artifacts will be used to inspire our budding authors and poets to have lots of fun writing for different purposes and audiences.

Recorder Club (years 3 to 5)

Every Monday with Miss Webb 3:15 to 4:15pm

Budding musicians will be taught how to play a range of fun songs on the recorder. They will also be given the opportunity to perform as a group to other children.

Music Club (Years 1 and 2)

Every Thursday lunchtime with Miss Webb

This is an open invitation to all children in years 1 and 2 to join together to try a range of musical instruments in lots of different fun musical activities.

Year 6 Booster Club (year 6)

Every Monday with Miss Becker 3:15 to 4:15pm

Our year 6 children will benefit from having extra input with developing their Maths Reading and Writing Skills, in preparation for their SATs and transition to secondary school. This will be done through fast, fun and focused activities as well as yummy refreshments!

Gymnastics Club (year 3 to 6)

Every Friday with Mr Seddon 3:15 to 4:15pm

What better way to end the week! Collaboration, Communication and Creativity are key skills being developed as our Gymnasts of all abilities improve their gymnastics skills and use them to put together group displays for each other. They will also have the opportunity to inspire others by performing for the rest of the school.

Film Club (years 1 and 2)

Every Monday with Miss Lyon 3:15 to 4:15pm

Our younger children will have fun developing and sharing their thoughts and opinions by watching and talking about a variety of children's films as well as getting creative with follow -up activities.

Board Game/ Chess Club (Years 1 to 6)

Every Wednesday with Mrs Slee 3:15 to 4:15pm

The children will enjoy refining their strategic thinking skills by playing a good range of board and card games. Who knows, we may have some emerging Uno Card Sharks, Monopoly Grand Masters or even a Kerplunk Ninja!

All Our Clubs are FREE. All we ask is that our parents and carers support us in making sure the children commit to coming every week. We are really keen to encourage resilience and a sense of commitment amongst our children.

If you would like your child to join any of our clubs, please follow the link to express your interest and we will contact you to confirm their place.

<https://forms.gle/3TqeNuA2PDE5CYky6>

Kind regards

Tim Seddon

We have spaces in our Nursery in January!

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

Aspiration



Respect

Resilience

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!