



Alexandra
Primary School

Aspire, Perform, Succeed

Alexandra Primary School

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Thought for the Day:

**“When life gets hard
try to remember,
the life you complain about
is only a dream to some people.”**

Question of the Week:

**Which is more powerful, a lie or a
promise?**

Dear Parents and Carers,

Happy New Year. We hope everyone has come back to school eager and ready to learn. Staff have been planning some really exciting learning opportunities. We have already had Year 3 visit the British Museum as part of their Egyptian topic and Year 2 took part in a workshop for the Great Fire of London. We have been informed that school has been awarded the Bronze Award for the UNICEF Rights Respecting initiative. A huge well done to everybody.

Nursery: The children have settled back into Nursery and have been enjoying our new topic. Our focus book this week has been *The Three Billy Goats Gruff*. We have been reading lots of versions of this traditional tale. The children have been counting and comparing the sizes of the goats. We have been focusing on numbers 0-3 and have tried out lots of activities with these. Every child has a new name writing card. These are set out in the Nursery so the children can select theirs and begin to write their name independently. Please remember that we teach name writing with a capital letter at the beginning followed by lower case letters.

Reception: In Reception we have started a new topic learning about buildings. We have looked at different types of buildings, their common features and their different shapes. In Phonics we have focused on learning the new sounds "oa", "oo" and "ar" and reading and writing sentences using these sounds. The Maths focus has been on addition and recording ways to add two numbers together.

Year 1: The children in Year 1 are settling back into their routines. They are particularly excited about the topic 'Moon Zoom' and are looking forward to learning about space. The children have shared what they know already about space and what else they would like to learn. This week for Maths the children have been learning about subtracting a smaller number from a larger number using a number line and counting back. They have also been looking at what the missing number in a number sentence is when counting back. The children have been learning about the past tense, plurals in English. Thursday 17th January is our Space day. We would like the children to dress up in their space costumes that they are making as their homework task. Please be mindful that it may be cold on the day and children will need to be able to continue with activities in the class wearing it. Remember to send the school uniform in a bag in case your child needs to change out of his/her outfit.

Year 2: Year 2 have started our new topic about the Great Fire of London. We have had a fantastic interactive workshop from Mrs. Wellbake, who travelled through time to tell us all about the events of the Great Fire. In Maths we have started learning to share an amount into equal groups, and how this relates to division. In English we are looking at non-fiction, particularly newspapers. We have been discussing the features of newspapers and the purposes of them. In Science we have planned an investigation to discover which material is the most absorbent and would make the best bed for a vet's surgery. The children are looking forward to carrying out the experiment.

Year 3: Year 3 have settled in well after the holidays and are ready to learn! This week in Year 3, we have been reviewing our learning in our subjects. In Science, we have used our data homework to create a bar graph to explain which food groups we eat the most and have evaluated the data found. In Geography, we have researched a county in England and are excited to present this in a non-chronological report. In Maths we are re-capping our division skills using the 3, 4 and 8 times table to help us solve problems.

Year 4: In Year 4, we have entered 2019 by making New Year resolutions for what we would like to work on in our learning. This week, Year 4 have been looking at multiplication by focusing on problems related to the 11 and 12 times table. We have also looked at multiplying three numbers together and factors. In English, we have started our topic on Information texts by identifying the features, making inferences from comprehension texts and comparing texts. In Topic, we have begun our topic on the Orient Express by exploring prior knowledge and generating questions for what we would like to find out. Similarly, in Science, we have discussed what is meant by 'States of Matter' and generated enquiry questions based on this topic.

Year 5: Children have made a positive start to the Spring Term. In Geography, children are learning how to read maps, with a focus on South Africa. To complement our study of this country, in English, children have started reading 'Journey to Jo'burg' and 'The Butterfly Lion.' In P.E., they have learnt basic dance moves and are applying these to music from Africa in indoor sessions. In outdoor sessions, the 'Real P.E.' lessons are developing social skills through team-work and physical skills to do with balance. A gentle reminder to kindly ensure that P.E. kit follows school uniform guidelines.

Year 6: This week, we have been exploring the features of Persuasive texts. Just like young apprentices, they wrote and presented their 'pitch' to persuade the class to buy a range of objects. We apologise if this means they are now managing to persuade you more at home! In Maths, the children have been refreshing their knowledge of decimal numbers by recapping their understanding of numbers with up to 3 decimal places. This term, our new topic in Science is 'Electricity'. Children will learn to represent circuits using symbols in a diagram. Furthermore, they will be developing their understanding of what electricity is and how to measure it. Over the lessons, we will be exploring both series and parallel circuits and explaining their components and how they work. In our Topic lessons, the children have been sharing their existing knowledge of the Greeks and ordering events that occurred during the Ancient Greek period.

Notices:

Please see the Winter Newsletter from Public Health England which can be found on the school website in the News section regarding Influenza (Flu). We have also added the School Nursing Team contact details.

Reminders:

Applications for places in our Nursery are now open. Applications forms can be downloaded from the Hounslow Council Website.

All medical appointments should be taken outside of school hours unless they are an emergency.

Parents please be reminded not to smoke at the Tiverton Road school gate.

Reversible fleeces can be ordered via the school office.

A reminder to parents, please ensure that your child brings their school shoes into school, as boots cannot be worn through the school day.

School Attendance:

Current whole school attendance is 96.74%.

Congratulation to 6C and 6F for 100% at the end of term.

Well done to all the 100% children last term.

Please remember that term time leave will be unauthorised.



Key Dates for the term:

3rd January	Spring Term Begins		
10 th January	Year 3 trip to the British Museum	12 th February	Y6 SATs Parents Meeting
14 th January	Year 4 Chinese Workshop	15 th February	1I Class Assembly
17 th January	Year 5 Reading Plus	Half Term	18th February – 22nd February
17 th January	Year 1 Topic Wow Day	1 st March	3F Class Assembly
23 rd January	Nursery and Reception Theatre Workshop	7 th March	Parents Evening
24 th January	Year 5 African Music and Storytelling Workshop	8 th March	2B Class Assembly
25 th January	6F Class Assembly	12 th March	Parents Evening
1 st February	3H Class Assembly	15 th March	2W Class Assembly
8 th February	6B Class Assembly	22 nd March	1B Class Assembly
8 th February	Year 3 Ancient Egyptian Day	29 th March	1TB Class Assembly
11 th February	Year 2 Scooter Training	5th April	Last day of the Spring Term School closes at 1.30pm
12 th February	Year 2 Scooter Training		





Public Health
England

December 2018

Dear parent or carer,

Winter newsletter for parents and carers

Please find enclosed Public Health England (PHE) London's winter newsletter. The letter includes information about:

Influenza (flu) and the annual vaccination programme, which has this year been extended to include all children aged between two and seven
Norovirus, also known as the 'winter vomiting bug,' and steps that can be taken to help reduce the risk of spreading infection

Children are more at risk of getting an infection for a number of reasons including a less developed immune system, lack of previous exposure, and incomplete vaccinations. Social and environmental factors also play a part in children's vulnerability. Schools can be an ideal setting for the spread of infections as they provide an opportunity for close contact and sharing of facilities such as toilets. Advice on reducing the risk of spreading flu and norovirus can be found in the winter newsletter.

Other resources include the Stay Well This Winter Campaign which can be accessed online at <https://www.nhs.uk/staywell/> and the NHS Choices page regarding norovirus: <http://www.nhs.uk/conditions/Norovirus/Pages/Introduction.aspx>

We hope you find this information useful.

Kind regards

London Health Protection Teams



Welcome to the winter newsletter from Public Health England London, providing key information on:

- **Influenza and the annual immunisation programme**
- **Norovirus and steps to help reduce the risk of spreading infection**

INFLUENZA (Flu)

What is influenza?

Influenza or 'flu' is a viral infection that mainly affects the nose, throat and the lungs.

Flu is worse than a common cold. Symptoms of flu can include a sudden onset of fever which can last for three to four days, shivering, headache, cough, sore throat, feeling lethargic, aching muscles and joints.

Some children may also feel sick (nausea), or have diarrhoea. Tiredness can last two to three weeks.

The symptoms are different from a cold as a cold is often limited to a runny nose, sneezing, watery eyes and throat irritation. The symptoms usually occur gradually and do not cause a fever or body aches. Usually what people call "gastric flu" is a gastrointestinal infection with another virus – usually norovirus or rotavirus.

Who catches flu?

Anyone can catch flu. The highest rate of infection is usually in school age children and mostly occurs during the winter months.

Many children and young people with special educational needs and disabilities (SEND) have one or more conditions which place them at increased risk of severe flu infection. They may require prevention (through seasonal flu vaccination) & prompt treatment if they become unwell – as outlined in more detail below.

The amount of illness occurring each year varies, depending on the particular strain that is circulating. Some flu viruses cause more severe illness than others. This is why in some winters people may be more unwell with flu than in other years.

How do you catch flu?

Flu is very infectious and can spread rapidly from person to person. It is mostly caught by breathing in air containing the virus when an infected person coughs/sneezes or by touching a contaminated surface and then touching your mouth or nose.

How serious is flu?

Most people recover completely from flu in a matter of days or a week. Vulnerable groups for example older people, pregnant women, children and young people with SEND, as well as those with other illnesses (such as chest or heart disease, neurological condition, or diabetes) and newborn babies and those with learning disabilities are at greater risk of having serious flu illness.

Serious illness from flu can range from the virus itself causing a severe viral pneumonia, to a secondary bacterial

infection causing bronchitis and pneumonia or to a worsening of any underlying chronic medical condition such as heart disease. Serious infections are likely to end up in hospital admission.

Can you prevent flu?

Flu immunisation is one of the most effective interventions we can provide to reduce harm from flu and pressures on health and social care services during the winter

The vaccine is very safe and side effects are uncommon and usually mild. The vaccine is not recommended for everyone, but it is advisable for those with serious medical conditions who may be more likely to be seriously affected by flu and it is also recommended for all pregnant women.

Flu vaccination for children

Having the vaccine will help protect your child from what can be a very nasty illness in children. Children under the age of five have the highest rate of hospital admissions due to flu.

It will reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents or those with long term health conditions, getting flu from your child. It can help you avoid having to take time off work or other activities because you are ill or need to look after your sick child.

The flu vaccine is recommended for all children aged two to nine (but not ten years or older) on 31 August 2018. Preschool children aged 2 and 3 years old are provided for at GP Practices. School aged children (in reception class & years 1 to 5) are usually provided for by health professionals at school. Children from 6 months to 18 years and upwards in risk groups – vaccination is usually provided at school and can also be obtained from GP practice if parents prefer.

Flu immunisation for people with learning disabilities

Flu and the importance of flu immunisation for people with learning disabilities (LD) are:

- Those with LD are more likely to become seriously ill if they get flu.
- People with LD and those who care for them are entitled to a free flu vaccination
- There's a need to increase awareness of the risks to those in this group and to increase the uptake of the flu vaccination for people with LD and their carers.

How will the vaccine be given?

Most children at school will be given a nasal spray.

The nasal spray contains viruses that have been weakened to prevent them from causing flu but will help your child to build up immunity. When your child comes into contact with flu viruses they will be better able to fight off the infection.

The vaccine is absorbed quickly in the nose so, even if your child sneezes immediately after having had the spray, there's no need to worry that it hasn't worked.

Can the vaccine cause flu?

No, the vaccine cannot cause flu because the viruses in it have been weakened to prevent this from happening.

This vaccine is recommended for:

- Those aged 65 years and over
- Pregnant women
- Children aged 2-4 and all school-aged children in years 1-5
- Frontline health care workers, including those who work in care homes
- People of any age with chronic heart, lung, neurological, metabolic disorders (including severe asthma)

and diabetes), kidney problems or a lowered immune system due to treatment or disease

- Those who are very obese
- Those in long stay residential care accommodation where influenza, once introduced, may spread rapidly
- It is recommended that immunisations be offered to health and social care workers involved in direct care of and/or support to patients and also anyone caring for a person in the at risk groups
- Fit adults under the age of 65 years who are not in one of the groups mentioned above are not offered the vaccine as part of the national programme. This list is not exhaustive and if you are unsure if you should have the seasonal influenza immunisation then please discuss this with your pharmacist or GP

How can you reduce the risk of flu transmission in schools?

- Staff and children with flu should be kept away from school until they are symptom free.
- Wash hands frequently with soap and water and dry thoroughly
- Avoid touching surfaces (such as door handles) and then the face
- Cover your mouth and nose with a tissue when coughing or sneezing and dispose of used/dirty tissues in a bin – “Catch it, Bin it, Kill it”



How soon should a child be back at school after influenza?

Flu is most infectious when symptoms start until about three to five days later. There are no recommended times of exclusion for an infected child: a child should return once they are well enough.

What is the treatment for flu?

Most people with the flu need no special treatment. Flu is caused by a virus so antibiotics do not help unless there is a complication.

Occasionally a special 'antiviral' medicine is given to people who have underlying medical conditions, which means they are at risk of having serious flu infection or whose illness is getting worse.

Someone who is ill with flu should keep warm, rest and drink lots of fluids to prevent dehydration. It is best to stay at home while feeling ill with flu as this reduces the chance of spreading the infection to others.

Medication can be given to reduce fever, ask your pharmacist or GP for advice.

More information:
Stay Well This Winter campaign:
<https://www.nhs.uk/staywell/#OZuZe6r38EZIDlbq.97>

NOROVIRUS

Norovirus, also called the ‘winter vomiting bug’ because it usually occurs during the winter months, is the most frequent cause of infectious gastro-enteritis in England and Wales and affects 600,000 to two million people in the United Kingdom every year.

Cases usually start to appear during the autumn, peaking during January.

How does norovirus spread?

The virus is very infectious and is easily spread from one person to another. It can be spread by contact with an infected person, by consuming contaminated food or water or by touching surfaces or objects which have become contaminated with the virus.

What can be done to prevent infection?

It is impossible to prevent norovirus. However taking good hygiene measures such as frequent hand washing around someone who is infected is important.

Other measures include the implementation of basic hygiene, food handling measures, prompt disinfection of contaminated areas, and staying at home for 48 hours after the symptoms have stopped.

If I'm suffering from norovirus, how can I prevent others from becoming infected?

Good hygiene is important in preventing others from becoming infected – this includes thorough hand washing with warm water and soap after using the toilet, touching pets and playing outside. Food preparation should also be avoided until 48 hours after the symptoms have subsided.

How is norovirus treated?

There is no specific treatment for norovirus apart from letting the illness run its course. It is important to drink plenty of fluids to help prevent dehydration.

Are there any long term effects?

No, there are no long term effects from norovirus.