



The Orchard School

Weekly Bulletin

Friday 10th January 2025

Dates for your diary

Tuesday 14 th January	Parent Support Group – Understanding behaviour 1
Friday 17 th January	Parent group – Mood Masters
Friday 24 th January	Parent group – Mood Masters
Friday 31 st January	Parent group – Mood Masters
Friday 7 th February	Number Day
Friday 7 th February	Parent group – Mood Masters
Friday 14 th February	Parent group – Mood Masters
Friday 28 th February	Parent group – Mood Masters
Friday 14 th February	Break up for Half Term
Monday 24 th February	Pupils return to school

Happy New Year!

I hope you all had a good holiday and enjoyed quality time with family and friends. It has been lovely to welcome the pupils back into school this week. A reminder, particularly with this cold snap we are having to ensure your child comes into school with appropriate clothing – warm coat, hat, gloves, scarfs and a blanket if they are in a wheelchair.

Starting next Friday, 17th January for six weeks we are holding a parent workshop entitled 'Mood Masters'. This will be run by Debi from Barnardo's and will cover topics on:

- Understanding our emotions
- Sleep
- Music
- Diet
- Dealing with situations that stress you out
- Breathing and relaxation

If you are planning on coming to the sessions but haven't informed school yet, please email info@orchard.sandwell.sch.uk or ring the office on 0121 569 7040 so we know how many parents will be attending and ensure it is a viable course to run.

Reminder – Monday 17th March is an INSET Day. School is closed to pupils on this day

Free Well-being Session for Parents



Taking steps to be a happier, healthier You.

Life has its ups and downs. And as a parent, you might find yourself putting others before yourself.

How are you looking after your own feelings and emotions?

Come along to our supportive group where we will listen and develop strategies to better support you and your family

- Ideas to help improve how you feel
- Boost your confidence
- Manage life's ups and downs

Fridays 09:30am - 11:00am

17 January 2025

24 January 2025

31 January 2025

7 February 2025

14 February 2025

28 February 2025



We are here to help

Venue:

**The Orchard School, Causeway Green Road, Oldbury B68
8LD**

To book a place please contact: Louisa Stevens, Pastoral Team

Tel: 0121 569 7040

Email: info@orchard.sandwell.sch.uk

Attendance Matters

The whole school attendance so far for this academic year is 84.7%.



It is important that your child attends school on time every day. I know there are occasions where your child will be unwell or have a medical appointment. If this is the case, please ensure you ring school before 8am to inform us if your child will be absent from school. If your child needs to attend a medical appointment, please inform the school office or class team and provide a copy of the appointment letter.

As you will have heard on the news there is still a high number of winter illnesses around at the moment. This document has been sent out before, but I would like to remind you of the below guidance. If you have any questions regarding attendance or require support, please contact our Attendance Champion Lauren Petrie or a member of the pastoral team.




Should I keep my child off school?

Yes

	Until...
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek




SCAN ME

Advice and guidance
To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minftec>.

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Winter infections in children – guidance for parents/guardians

This leaflet gives advice on illnesses that are currently affecting nursery and school children across the West Midlands

What are the symptoms?

There are two groups of symptoms:

- Diarrhoea and vomiting – usually lasting 1-2 days
- Fever, tiredness, runny nose, cough and sore throat – lasting 3-4 days

What should I do if my child is unwell?

- If your child has diarrhoea and/or vomiting symptoms, they should not attend nursery/school until they have been symptom free for 48 hours
- If your child has a high temperature and is unwell, it is very important they stay at home and don't attend school until they have recovered. Children with mild symptoms like runny nose, sore throat, or mild cough, who are otherwise well, can continue to attend school.
- Ensure they drink plenty of fluids – taking sips rather than gulps, to avoid vomiting
- If they have a fever – give child paracetamol and/or ibuprofen, according to manufacturer's instructions. Your local pharmacist can also advise you about the best treatment for your child
- If your child is unusually sleepy, can't take fluids or has other symptoms, such as an unusual rash, headache or neck stiffness – seek medical advice immediately

Infection control advice

Handwashing is one of the most important ways to prevent the spread of both of these infections. This applies to the child who is ill and the person caring for them. Hands should be washed using soap and rinsed under running water:

- Before and after caring for the child
- After using the toilet
- Before eating, preparing or handling food
- After cleaning up spills (vomit, diarrhoea or urine)
- Also – keep a separate towel for each family member who has symptoms, and change them regularly
- Dry hands thoroughly

Other control measures:

- Cover nose and mouth when coughing or sneezing, using a tissue if possible – dispose of used tissues immediately and wash hands
- Wash soiled clothing, bed linen and towels at 60°C, using detergent – if possible, wear disposable gloves to handle contaminated items
- Surfaces and touch points (taps, toilet flush handle, door handles) should be cleaned then disinfected with bleach-based cleaner
- Check that your child is up to date with their [NHS vaccinations schedule](#)

For further information, visit [NHS.uk](#) and search for 'respiratory infections' and 'diarrhoea and vomiting'