

Monday 10th October 2022

Newsletter No. 6

Tel: 01706 344609

Email: sbm@tonacliffe.lancs.sch.uk

Website: www.tonacliffe.lancs.sch.uk



Toast will be available to book for Autumn 2 from today (Monday 10th October). Please ensure you book before Sunday 30th October as it will no longer be available to book on ParentPay.

If toast is not booked via ParentPay before Monday 31st October, your child will not be able to get toast for the half term.



Please ensure that you have activated your ParentPay account. This is needed to book meals, snacks, trips and activities.

If you cannot find your login details or are having trouble logging in. Please contact the school office.

How beautiful a day can be when
kindness
touches it.

ONLINE SAFETY

Need information or support for online safety?

Our Online Safety page, under the parents section of our website, is full of fantastic resources, parental support and information.

Have you created your account on our National Online Safety account?

They regularly create and update guides about all the apps children use. They also have lots of great short courses, information videos and guidance for parents.

If you ever need help or support with online safety, please contact school and we will help where we can. 😊

important DATES TO REMEMBER

Please remember to visit our website for long term dates. Thank you.

Wednesday 12th October: Parents' Evening.

Thursday 13th October: Parents' Evening.

Friday 14th October: Individual and sibling school photos.

Friday 21st October: School closes for Half Term.

Monday 31st October: School reopens for Autumn 2.

Monday 31st October: Non uniform day/Halloween Disco.

Thursday 10th November: Flu vaccinations– Reception– Y6.

Friday 25th November: FOT Christmas Fair.

SCHOOL ADMISSIONS SECONDARY

EAST

Do you have a child starting secondary school
in September 2023 and living in Lancashire?

APPLY NOW!

WWW.LANCASHIRE.GOV.UK/SCHOOLS
or give us a call on 01254 220747

CLOSING DATE: 31 OCTOBER 2022

You must apply even if an older brother or sister is already at the school.

HAVE YOUR SAY

Between 1 October and 31 January schools are consulting with you to make sure admission arrangements meet future needs. To find out more please visit www.lancashire.gov.uk and search 'School Admission Policies'.



Congratulations to our new Eco Team members for this year!
They are:

Year 2: Ruby B. & Joshua H.

Yellow Class: Oliver P. & Zac K.

Orange Class: Amber L. & Sienna H.

Lime Class: Esmee B. & Ben F.

Turquoise Class: Melody B. & Wade H.

Gold Class: Harrison . & Maria S.

Purple Class: Aidan G. & Thomas F.



Congratulations to our newly elected School Council members:

Year 2: Otis O. & Rio C.

Yellow Class: Harley L. & Iona H.

Orange Class: Abigail A. & Lottie H.

Lime Class: Aston H. & Felicity R.

Turquoise Class: Rhys L. & Olivia J.

Gold Class: Maria S. & Olivia P.

Purple Class: Alice K. & Tabitha S.

mind
Lancashire

Self Harm parenting Workshop



We understand how challenging it can feel for a parent or carer of a child or young person who is self harming. Managing those emotions, understanding why, communicating your concerns and keeping your child or young person safe; can feel overwhelming.

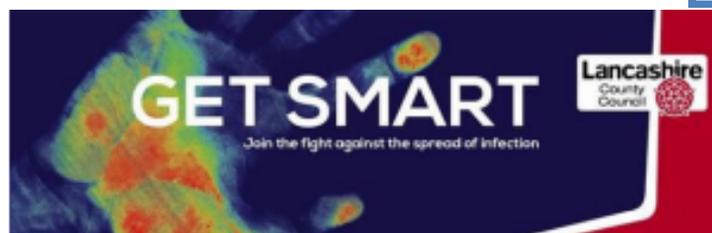
Lancashire Mind are now offering a workshop for parents/carers of children and young people who self injure. To support and upskill them to learn more about self harm to enable them to better support their child or young person.

For more information or to book a workshop,
please contact training@lancashiremind.org.uk



IPC Newsletter

A learning and training resource



Hand, foot, and mouth disease

Hand, foot, and mouth disease is a common childhood viral illness. It causes blisters on the hands and feet, and ulcers in the mouth. It can be unpleasant; however, it is generally mild, and most people recover within a week or two. Although most common in children under 10, especially those under four, people of any age can get it, including adults. In the UK, it's most common in the late summer and early autumn.

Please Note: - Hand, foot, and mouth disease has no relation to foot and mouth disease, which only affects cattle, sheep, and pigs.

The virus can start to spread before you have any symptoms, but you're most likely to spread it to others in the first 5 days after symptoms start. You can be infectious for a few days before the rash appears, which makes the spread of the infection hard to control. Symptoms usually start 3 – 5 days after contact with someone with the virus. These symptoms usually last for between 7 to 10 days.

There is no specific treatment, however, there are measures to ease symptoms and discomfort - Your local pharmacy team will be able to offer advice on over the counter treatments available.

Symptoms (the first signs can be)

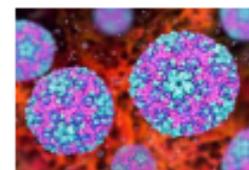
- A sore throat
- A high temperature
- Not wanting to eat
- After a few days, mouth ulcers/rash will appear

How to manage symptoms

- Drink fluids to prevent dehydration – but avoid anything acidic as this may irritate the mouth ulcers
- Eat soft foods like yoghurt – avoid hot and spicy foods
- Take [Paracetamol](#) or [Ibuprofen](#) as prescribed to help ease a sore mouth or throat

Seek advice from your local GP if:

- Your symptoms or your child's symptoms do not improve after 7 to 10 days
- You or your child has a very high temperature over 38°C, or feels hot and shivery
- Your child is dehydrated – they're not passing urine as often as usual
- You're pregnant and get hand, foot and mouth disease
- If you're pregnant and near your delivery date you should avoid contact with children who are infected with hand, foot and mouth disease, if possible



Effective hand washing, respiratory hygiene and cleaning are essential in reducing the spread! The virus is spread by coughs and sneezes, direct contact with blisters and it is found in the faeces of infected children.

To reduce the risk of spreading hand, foot and mouth disease:

- Wash your hands often with soap and water – and children's hands too (especially after toileting)
- Use tissues to trap germs when you cough or sneeze, throw away used tissues as quickly as possible
- Do not share towels or household items like cups or cutlery
- Wash soiled bedding and clothing on a hot wash

Staying off school or nursery

The advice to schools, nurseries and parents is that children may attend school or nursery when they feel well enough, as keeping children off school/nursery for longer than this is unlikely to stop the virus spreading. There's no need to wait until all the blisters have healed. Please contact your school or nursery if your child is showing symptoms of hand, foot & mouth disease, and follow the schools' individual policies and procedures.

Resources available

[Hand, foot and mouth disease - NHS \(www.nhs.uk\)](#)

Please tweet us at: LancsIPC <https://twitter.com/lancsipc>

Email us at:- infectionprevention@lancashire.gov.uk





Term Dates – 2022/2023

September 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

May 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 2023						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

	Training Days (children do not attend school)
	Holidays

