

Value of the month – Faith

Dear Parents and Carers

Talent Show: Well done to all those who auditioned and took part in the talent show today. It was a wonderful afternoon and the children performed beautifully. Thanks also to Mr John Hargreaves from Woldingham who gave up his time to come to adjudicate the event. The results are:

1st – Sophia

2nd joint- Sienna and Isabella

3rd- Dougie

Head Girl and Boy and House Captains - Year 6 Children: Just a reminder that, if your child wishes to be considered for any of these positions, they need to be preparing their speeches this week. The first round takes place in class and the finalists from this round go forward to round two. Their speeches are then heard in a Junior assembly. Speeches are then discussed by the pupils and the staff before final choices are made.

Head Lice

Unfortunately, we have a severe outbreak of head lice in the school. Please make a special effort this weekend to check your child/children's hair. If necessary please treat all family. Scroll down for a leaflet to help, or look at the link - www.nhs.uk/conditions/head-lice-and-nits/ Thank you for your co-operation

Best wishes for a peaceful weekend,

Mrs Wheeler





2020 Upcoming Events		
11 th	February	High Ashurst - Outdoor Team Building Day for Year 4
13 th	February	School closes for half term @3.30pm
14 th	February	Inset Day School Closed Friday 14th
2 nd	March	Fairtrade Fortnight Begins
4 th	March	Down House (Year 6)
5 th	March	World Book Day
9 th /10 th	March	Science Week begins with an amazing visit from 'The Science Planetarium' for all children. They are visiting on both days in school.
11 th	March	Outdoor Day (details to follow)
16 th	March	Egyptian Day (Year 3)
29 th	March	British Summer time Begins (clocks go forward)
30 th	March	Parents Evening
31 st	March	Parents Evening
3 rd	April	School Closes @1pm for the Easter Break

Lunch Money

The amounts due for the Spring term are as follows:

Weekly - £11.75 First half term - £68.15 Second half term - £70.50

Whole term - £138.65

Absence Procedures

Please remember to use absence@stfrancis.surrey.sch.uk to report that your child is ill or will be in late or leaving early for an appointment. Please do not use office email.

Notification should be made by 9.30am on the first day of absence. You need to notify the school on **each** continuing day of absence, even if you expect your child to be off school for a few days. Where possible, all other appointments should be made outside school hours.

Please provide details of why they are off, unwell is not sufficient. In the event of vomiting or diarrhea would you please keep your child at home until they have been free of all symptoms for at least 48 hours.

SEND Coffee Morning



Friday 6th March at 9am

Blossom Room— *please enter through the double doors*

to the Junior Library not through the Office

This will be an opportunity for parents to come along and ask any questions or have any queries answered. It is also an informal chance to meet with other parents and carers, who may have similar experiences; we are keen to build a network of people that can provide support and encouragement with the rewarding, but challenging, life of a parent.

All parents and younger siblings welcome

School Association.

Winter Disco - the children had a great time at the Winter Disco last week. A big thank you goes to everyone that helped out especially Lucy Kolkman, Nina Marro and Claire Nash who organized the event. A whopping £1551 was raised which is absolutely brilliant and will allow us to enhance all of our children's time at St Francis.

Save the Date
Quiz Night - 25th April
Circus - 25th June

Facts

Head lice

The prevention and treatment of

- Head lice are small, six-legged wingless insects, pin-head size when they hatch, less than match-head size when fully grown and grey/brown in colour. They are difficult to detect in dry hair even when the head is closely inspected. They very often cause itching, but this is not always the case, particularly when recently arrived on the head.
- Head lice cannot fly, jump or swim, but spread by clambering from head to head. Anyone with hair can catch them, but children who have head to head contact, either at school or during play, are most commonly affected.
- Head lice feed by biting and sucking blood through the scalp of their host. The female louse lays eggs in sacs (nits) which are very small, dull in colour, and well camouflaged. These are securely glued to hairs where the warmth of the scalp will hatch them out in 7-10 days. Empty egg sacs are white and shiny and may be found further along the hair shaft as the hair grows out. Lice take 6-14 days to become fully grown, after which they are capable of reproduction.
- Head lice are not fussy about hair length or condition. Clean hair is therefore no protection, although regular (eg weekly) hair washing and combing sessions offer a good opportunity to detect head lice, and arrange treatment if discovered.

Lice hang on tight to the hair, usually close to the scalp where there is warmth, food and shelter from detection. Full grown lice take the opportunity to move from head to head during close contact. Younger lice tend to remain for about 6 days on the head where they have hatched.

Head lice need to maintain contact with a host in order to survive. Those lice that leave the host voluntarily, or fall off, are likely to be damaged or approaching death (their life span is about 3 weeks) and so unable to start a new colony. There is no need to wash or fumigate clothing or bedding that comes into contact with head lice.



Magnified photo of the human head louse and louse egg(nit)

If you are at all worried about head lice or feel you need more advice on how to cope, then you should consult your school nurse, health visitor, pharmacist or family doctor.

Further copies of this leaflet may be obtained from:
Department of Health, PO Box 777, London SE1 6XH
Fax: 01623 724 524 (Email: dh@prolog.uk.com)

This document is also available in other languages on request.

Picture reproduced courtesy of the Electron Microscopy and Histopathology Service at the London School of Hygiene & Tropical Medicine.

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Head Lice



Detection

Head lice are well camouflaged and hide when disturbed by combing. They do not always cause itching, particularly when recently arrived on the head. They may also be few in number and a quick inspection is unlikely to detect them. The following method of detection is effective:

- ★ Wash the hair using ordinary shampoo, then use a wide toothed comb to straighten and untangle the hair. It is easier to do this with wet hair, and using hair conditioner.
- ★ Once the comb moves freely through the hair, without dragging, switch to a fine tooth comb. Make sure the teeth of the comb slot into the hair at the roots and draw down to the ends of the hair with every stroke. The comb must be fine enough to catch the lice – size indicated below – do not confuse lice or their eggs with clumps of dandruff or other debris.



Actual size in stages of growth of the head louse

- ★ Check the comb for lice after each stroke as you work through the hair section by section, so that the whole head of hair is combed through, then rinse out the conditioner and repeat the combing procedure in the wet hair.
- ★ This can be undertaken on a regular basis – eg at routine hair washing sessions – to detect the presence of lice before they can spread. Check all family members at the same time and arrange treatment when lice are found.

Treatments

If you find lice, then there are two options. Whichever option you choose it is important to recognise that neither will protect against re-infection if head to head contact is made with someone with head lice at a later date. You may therefore wish to undertake occasional checks during hair washing sessions.

Option 1: Lotions

- ★ Do not use lotions unless you find a living moving louse. Check all close family/friends by the "wet combing" method, as described, and treat anyone who is found to have lice at the same time, to prevent re-infection.
- ★ Ensure you have enough lotion to treat all those affected and follow the instructions on the packet carefully, eg as to how long the treatment must remain on the hair to be effective, how often you may apply the product etc.
- ★ The product may be capable of killing eggs, as well as lice, but there is no certainty of this. Check for baby lice hatching out from eggs 3-5 days after you use it, and again at 10-12 days.
- ★ If the lice appear to be unaffected by the product (some lice may have developed resistance to a particular insecticide) or if the problem persists – then you should take advice from your local school nurse, health visitor, pharmacist or GP, who will be able to advise you on alternative treatments and explain how to use these to best effect. You should seek advice where whoever is being treated is either under 1 year of age, suffers from asthma or allergies, or is pregnant or breast feeding.

Option 2: The "Bug Busting" treatment method

This aims at systematic removal of live lice by combing through the hair and physically removing any lice found. Success depends largely upon adopting a painstaking approach – as described in the "Bug Buster" kit. The kit, which includes an illustrated guide and combs, is available from some pharmacies, and by mail order from:

Community Hygiene Concern
Manor Gardens Centre, 6-9 Manor Gardens
London N7 6LA
Bug Buster: Help Line: 020 7686 4321
Fax: 020 7686 4322
Internet: www.chc.org/bugbusting Charity reg no: 801371

- ★ Only one kit is required for a family and it is reusable. Four sessions spaced over 2 weeks are required to clear the lice, as long as the person does not catch more lice, in which case half-weekly sessions must continue.
- ★ Some schools find it helpful to adopt a whole-school approach (where all parents check their children and family members on the same evening and treat as needed). A "Bug Buster" Teaching Pack is available to assist this process. For further information contact Community Hygiene Concern, details as above.
- ★ Taking part on "Bug Busting" days can help to prevent lice circulating, ie if all cases are identified and treated successfully at the same time there will be fewer opportunities for lice to circulate amongst children and their families.



I'M NOT NAUGHTY - I HAVE AUTISM

Interactive and intensive 3 week course to help understand autism, share experiences in friendly, non-judgemental environment

start: Tuesday 17th March 2020 end: 31st March 2020

9:30-2:30 pm

Coffee/Tea from 9:15 am

Caterham Children's Centre Marden Lodge Site

Croydon Road CR3 6QH

Booking via Caterham Children's Centre

tel: 01883 348641

During the course we will cover:

- what autism is
- problems with social interaction and communication
- sensory processing and self-regulation
- link between autism , anxiety and meltdowns
- strategies to support including available therapies
- your rights as parents and your mental well-being
- hands on practice including making visuals, social stories and playing with blocks

The workshop is delivered by Ola Malanska,

MA Ed, experienced practitioner and parent of an autistic boy

www.caleidoscope.org.uk

Registered CIC number: 12219552

Understanding Children's Behaviour Course for Parents/Carers

Description

Identify different types of behaviour, how the use of routines and praise can encourage positive behaviour, explore strategies for dealing with difficult behaviour. Free Family Learning 5 week course for parents/carers of children aged up to 7. Pre-booking essential.

Who to contact

Contact Name

Jane Lawrence

Contact Position

Assistant Curriculum Manager

Telephone

01483 518435

07800 728452

E-mail

jane.lawrence@surreycc.gov.uk

Website

surreycc.gov.uk/.../familylearning

Location

Marden Lodge Primary School

Address

Croydon Road

Caterham

Postcode

CR3 6QH

Time / Date Details

Thursday 16 January - 13 February 2020 - 1pm - 3pm

Session Information Pre-booking essential

CAMHs ASD Parent Support Group. This group is organised by CAMHs and runs on a monthly basis. Session are between 9:30 and 11:30am at Gatton Place, St Matthews Road, Redhill. RH1 1TA. For further information please contact Redhill CAMHs on 01737 288700.



You are warmly invited to a

Mothers Prayers Talk

*Nothing is impossible for God -There is
Hope for Your Children*

Date: **Saturday 8th February 2020**

Time: 2.00 p.m. – Registration and Tea/Coffee

2.30 p.m. – Talk by Carolyn Hart

National Coordinator for England & Wales

Place: **Sacred Heart Church,**

Old Hall (behind the church)

Essendene Road, Caterham CR3 5PB

Cost: Voluntary donations are welcome.

Notes: Plenty of car parking.

Contact: Allison - tel: 07986511514 or al.pullin@ntlworld.com
~~xxxxxxxxxx~~ Anneliese – tel: 07956241427 or anneliesem2@yahoo.com



Dear Parents,

We help parents, just like you, transform their children into Highly Confident, Focused Leaders by developing lifelong Character and Success in just weeks!

Having helped over 5,000 children inside our school clubs we have a world class programme with a great track record for results. We are now one of the most successful and forward-thinking martial arts organisations in the UK.

Our small but driven team of instructors have a passion for developing character in young people and aim to make a massive impact, very quickly on areas your child needs to develop. Each child is taken on an exciting journey guiding them to become more resilient, determined, courageous and positive with their own personal instructor.

If you want to see your child develop a blackbelt character, we can turn that vision into a reality. To ensure your child doesn't miss out please follow the details below.

Spaces are very limited.

1. Search "LondonTKD" on the App Store or Google Play Store
2. Download our App
3. Click New User, enter Studio Code: **LondonTKD**
4. Create your new account
5. Go to Menu buy clicking the ☰ in the top left hand corner
6. Click Memberships to select your preferred membership plan
7. You will receive a booking confirmation via email when registration is complete



hello@london-tkd.co.uk



facebook.com/LondonTKD



iOS and Android



07553 065214

Each school club has an instructor to personally mentor your child, encouraging life changing self-belief without setting limits on what they can achieve.

In just a few short weeks, children develop vital skills for life that physically and mentally empowers them.

Our high impact classes take children on a journey to develop these 8 Pillars of Success.



Daily
Affirmations



Meditation



Stretching



Strength &
Conditioning



Achieving
Goals



Social
Development



Self Defence



Communication
& Leadership

We believe the environment dictates performance and that's often quite hard to achieve at home, and it's impossible to achieve without some extra help and support. If you feel your child would benefit from development in any of these key areas, register your child now to avoid missing out as places are very limited.



hello@london-tkd.co.uk



facebook.com/LondonTKD



iOS and android



07552 063214



Contact information:

Text: 07557 351405

Email: flexiflics@gmail.com

Monday and Friday Morning
Gymnastics Club At St Francis

A gymnastics club will be running in the hall on a Monday and Friday morning.

Monday morning sessions are for year 1 and 2 and will run from 8:00 – 8:45am.

Friday morning sessions are for year 3 – 6 and will run 8:00-8:45am. Children are dropped off at the school office, and will get changed ready for class at the end of the session.

If you wish to sign up, your child will learn different gymnastics moves and progress through the Winstrada award scheme, hopefully achieving a badge and certificate at the end of the term, which can be purchased for £3.50. In addition to this your child will develop their coordination, balance, confidence and general gymnastics skills, while being in a fun and safe environment.

The course will run for 10 weeks this term.

Monday class will run from 13th January – 23rd March

Friday class will run from 10th January – 27th March.

(excluding half term and inset days)

The cost for this term is £50.00 (£5.00 a session)

To book a space at before school gymnastics club please contact Flick on 07557 351405 or email her at flexiflics@gmail.com.

A link and payment information will then be sent to you to register your child's place via our online booking system. Please complete the form and follow payment instructions.

Please note, new starters are allocated spaces, on a first come first served basis. If the class is full when you contact us we will let you know and you can be added to our waiting list in case a space becomes available. Spaces will not be held without payment, so please ensure you do both.

Please also note, all fees are non-refundable once your child has been received a space.

We hope To See You At Gymnastics
The Flexi Flics Team

Thrive is a specific way of working with children that helps to develop their social and emotional wellbeing, enabling them to engage with life and learning. It supports them in becoming more self-assured, capable & adaptable. It can also address any troubled, or troubling behaviours, providing a firm foundation for academic attainment



Thrive Guiding Principles:

Every child is a unique person, constantly developing & learning in different ways and at different rates, each with their own abilities, talents & potential to be fulfilled

Children's healthy development, emotional wellbeing & learning are crucially dependent on, and promoted through positive relationships.

Children flourish when they are confident, self-assured, capable and resilient

Children thrive in enabling environments where their individual development, learning experiences and needs are understood, responded to and supported through strong relationships with parents and carers.



Let's help YOUR child to Thrive



Tara & Rachel are licensed Thrive Practitioners

