



## INSKIP ST. PETER'S C.E. PRIMARY SCHOOL NEWSLETTER

*Learning, Loving and Living with Jesus*



Keep your roots deep in Jesus Christ the Lord, build your lives on him

and always be thankful. *Colossians 2:7*

**Compassion Friendship Respect Forgiveness Trust Thankfulness**

**Week Beginning Monday 17th October 2022**

### Non-Uniform Day

Friends will be having non-uniform days on **Friday 21st October**, in exchange for a **Raffle prize** for the Christmas Fayre and **Friday 25th November**, in exchange for a **Tombola prize** for the Christmas Fayre. Your child can wear their home clothes for the whole day at school.

### Autumn Half Term Holiday

We break up for the Autumn half term holidays on **Friday 21st October** at the **usual end of school time**. We will welcome you all back to school at **8.50am on Monday 31st October**.

### Reception 2022-2023

The **LEP** will be coming to a picture of our lovely Reception children to be published in their Reception Classes publication next **Wednesday 19th October**.

### Cross Country Running

Huge Congratulations to our Year 5 and 6 Cross Country Teams who took part with 7 other schools in the mile long race at Garstang Community Academy last week! Every single competitor reported the next day that they had loved racing and would definitely do it again!

I am so pleased with how our Track Time has gone this half term. For 5 weeks Middle and Upper School pupils have been building up fitness and stamina through jogging and running round the track for 10 minutes each day, during these weeks the children have discovered their own individual pace which enables them to continue jogging for as long as possible. For the last few days the challenge has been to show themselves how much they have progressed over this half term through aiming to continuously jog (or run) for the whole 10 minutes. On Friday everybody succeeded in doing so and the pride in ourselves was palpable! After yesterday's run we added up the distance we all ran in total during the 10 minutes and it came to just over 36miles (60km) which for 34 people in ten minutes is I'm sure you'll agree brilliant!

Miss Leyland.



## School Website

Please take a look at our school blogs and see lots of the inspiring learning your children have been doing in class. Click on the title of the blog to open it in a new window. Please comment at the bottom of the blog posts your thoughts of encouragement for the children to read.

### Lower School

[Penguin Facts](#)

[Painting Autumn Leaves](#)

### Middle School

[Car Designs](#)

[Beats and Rhythms](#)

### Upper School

[Visible Spectrum](#)

[WWII Visit](#)

### Autumn Parents' Evenings

Our Autumn Parents Evening are this **Wednesday 19th October 3.45pm to 5.45pm** and **Tuesday 1st November 3.45pm to 5.45pm**.

Appointment times have been sent to parents via email. Please check your email for your time.

### Our Curriculum

Find out what your child will be learning in **Physical Education** this term <https://www.inskip.lancs.sch.uk/learning/physical-education>

### Winter Clothing

As the weather starts to get cooler could we please ask that all jumpers, cardigans and coats are **clearly named** so that any lost items can be returned to their owners.

Thank you.

## Christian Values

Our Christian value theme this half term is **'Friendship'**.

Here's a way of exploring this theme at home.



### FAMILY FOCUS Friends of the Family

This term's family challenge is to make a card or present for someone who is a **friend** to your whole family. You could add a gift tag saying...



### Quiz Night

St Peters Church are holding a Quiz Night on **Friday 28<sup>th</sup> of October in the YIPs Centre**, Tickets are £10 per person and include a Buffet.

If you would like to join us please call Rick on 01772 690016 to reserve your place!

### Parking

Please take into consideration the homes being lived in on Scholars Chase when parking. Thank you

### Does your family include a child or young person with SEND?

You are invited to attend a drop-in **Information Event** in your local area

#### SEND Information Events for Parents and Carers

Fun activities for children will be available - everyone welcome!

Asda Community Room, Colne -  
Monday 31st October 10am - 2pm

Inspire Youth Zone, Chorley -  
Monday 7th November 10am - 2pm

Book a place on [Eventbrite.co.uk](https://www.eventbrite.co.uk) - search for Lancashire SEND Partnership.

#### SEND Family Fun and Information Events

Further sessions to be announced soon.



- Find out what's on offer in your local area
- Understand what services are available
- Discover local support groups
- Refreshments will be provided

Representatives from the following services will be available at some or all of the events:

- Lancashire Parent Carer Forum
- Break Time
- Inclusion Service
- Specialist Teaching Service
- Lancashire Local Offer
- Designated Clinical Officer Service
- POWAR youth voice group
- SEND Information, Advice and Support Team
- FIND Newsletter
- Young people's groups
- Transitions

Plus local service providers, support groups and lots more!

Between August 2022 and July 2023, we are planning 24 events, to take place in all districts of Lancashire. Further dates will be shared on the Local Offer website and facebook page.

[www.lancashire.gov.uk/SEND](https://www.lancashire.gov.uk/SEND) [www.facebook.com/LancashireLocalOffer](https://www.facebook.com/LancashireLocalOffer)





### Bonfire Lunch



On **Friday 4th November** Mrs. Billington will be serving a special **Bonfire Lunch**. If your child would like to have a Bonfire lunch **please let the school office know**. If your child does not receive free school meals please make a lunch payment using your ParentPay account. On Friday 4th November your child should choose their lunch by letting their teacher know they will be having a school lunch that day.

**BONFIRE NIGHT**  
*Friday 4th November*

Sizzling Sausages in a Finger Roll  
with Tomato Sauce  
or  
Fizz Popping Pinwheel Pizza  
Served with  
Crispy Potato Chips  
& Baked Beans  
~  
Ginger Cake  
Served with  
Fruit Selection & Organic Milk

[lancashire.gov.uk](http://lancashire.gov.uk) >>>>

**Lancashire**  
County Council

## Friends Corner

We would love for as many of our families, neighbours and friends to get involved with all our exciting events and therefore we have a few dates that you may want to pencil in your diaries.



### Friends Meetings



Friends meetings to discuss preparing for the Christmas Fayre will be held **on Friday 11th November** and **Tuesday 22nd November**, details will be in the news-

### Friend's Christmas Fayre

The Friends Christmas Fayre will be held on

**Saturday 26th November**

Please save the date and come and enjoy some festivities here at school. There will be games, craft stalls, festive food and so much more.



**SAT  
NOV  
26**

**11-2PM**

Come and join our festive fun

• **CAKES • GAMES • STALLS •**  
• **FOOD • RAFFLE • TOMBOLA •**

At St Peter's C of E Primary School  
~ Free Entry ~ All Welcome ~

### Easyfundraising

Its that time again when we start to think and plan for Christmas!

The Friends have an **easy-fundraising** page which we would love for you to use when you do your Christmas shopping this year.

Over **4,300 shops and sites** will donate to Friends of Inskip St Peters CofE School for **FREE** when you use easyfundraising to shop with them. This means you can raise donations for us when you buy anything from decorations and festive food shopping to gifts like toys, jewellery, tech, experiences and more!

[https://  
www.easyfundraising.org.uk/  
causes/friendsofinskip/?  
utm\\_campaign=raise-  
more&utm\\_medium=email&  
utm\\_content=rm-c20-e1](https://www.easyfundraising.org.uk/causes/friendsofinskip/?utm_campaign=raise-more&utm_medium=email&utm_content=rm-c20-e1)



## Dates for the diary:-

Wednesday 19th October	LEP Reception Photograph
Wednesday 19th October	Parents Evening 3.45pm to 5.45pm
Friday 21st October	Non-Uniform Day in exchange for a Raffle Prize
Friday 21st October	School Closes for Autumn Half Term
Monday 31st October	School Reopens at 8.50am
Tuesday 1st November	Parents Evening 3.45pm to 5.45pm
Friday 11th November	Tempest Individual and Family Photographs
Friday 11th November	Friends Meeting to prepare for Christmas Fayre
Monday 14th November	Hothersall Lodge for the Whole School
Tuesday 22nd November	Friends Meeting to prepare for Christmas Fayre
Friday 25th November	Non-Uniform Day in exchange for a Tombola Prize
Saturday 26th November	School Christmas Fayre
Friday 16th December	School Closes for Christmas
Thursday 5th January	School Reopens for pupils at 8.50am
Monday 22nd May—Wednesday 24th May	Year 5/6 Borwick Hall Residential

## Clubs:-

MONDAY 17th	8:00am	Breakfast Club
	3:30pm	Dodgeball with Corey from Fleetwood Town
TUESDAY 18th	8:00am	Breakfast Club
	3:30pm	Tennis with Simon Ardron
	3:30pm	Forest School with Mrs Nash
WEDNESDAY 19th	8:00am	Breakfast Club
	3:30pm	Forest School with Mrs Nash
THURSDAY 20th	8:00am	Breakfast Club
	3:30pm	Athletics with Corey from Fleetwood Town
FRIDAY 21st	8:00am	Breakfast Club
	3:30pm	Football Club with Corey from Fleetwood Town



### Birthdays this week:

Evelyn on the 15th October

William on the 22nd October



# 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)

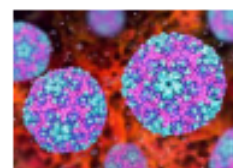
- A sore throat
- A high temperature
- Not wanting to eat
- After a few days, mouth ulcers/rash will appear

### 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](mailto:infectionprevention@lancashire.gov.uk)

