



Jericho Primary School
Windsor Court
Hensingham
WHITEHAVEN
Cumbria
CA28 6UX

3 May 2024

Sample Parent

Sample Student (Year 1, Samples)

Email:
k.hannah@jericho.cumbria.sch.uk
Phone: 01946514545
Website:
<http://www.jericho.cumbria.sch.uk/>

News Update 3rd May 2024

Dear Parents,

I hope you have enjoyed the warmer weather this week! Just in time for rain this weekend! Don't forget it's a bank holiday weekend so we won't be in school on Monday.

News:

Newsletters – Watch out for this term's newsletters from class teachers. They will be coming via Parentmail. This will give an overview of this term's curriculum and up and coming events towards the end of term.

15 hours free childcare for Working families of 9 months olds: Please see attached the latest child care information for parents.

Whooping Cough: Please also see attached a helpful guide to support your family if your child develops Whooping Cough.

Celebrate good times:

Our Golden Work superstars have been working their socks off this week:

All of 1W for their wonderful acrostic Spring poems!

Jenson Fox- Wonderful developments in his writing

Ava, Edie, Arlo, Vinnie 2W – for amazing report writing – well done team!

Katie, Cooper 5W – impressive and determined work on angles

Help Needed:

'The more that you read, the more things you will know. The more that you'll learn, the more places you'll go.'

Reading is a gift! We are looking for volunteers to help our children go places! We currently have a fantastic reading volunteer in school who enjoys sharing books with our children. Would anyone else be interested in supporting some of our children with their reading? Contact the school office as we would love to welcome you into our school. You could really make a difference!

Gardening Help: Many thanks to those who have offered help to keep our grounds maintained. We will be organising a small group of volunteers to help us over the coming months - maybe just an hour or two, to help weed. If you or any family member would be willing to help us once a month, please let the office know.

Save the Dates:

13th May – all Week – KEY STAGE TWO SATS

13th May – 16th May - Year 5 Residential to York

13th - 16th May – Year Reception ,1,2,3 and 4 – Pro ride Cycling Lessons in School

20th May – 21st May – Year 3 Residential to Blencathra

22nd May – Year 1 Visit to Lorton

24th May – Year 5 – Author Visit to school – Tom Palmer

Half Term Break - School closes on Friday 24th May

School opens for the Summer Term 2 on Monday 3rd June

3rd June – 5th June - Year 4 Residential to Hawse End

10th June – Kaefer Construction to visit Year 5

13th June – 14th June – Year 6 Windermere Outdoor Centre – Open Water Swimming and Water sports.

17th June – 4W – Wild Rivers Visitor to School.

18th June – 4W – Wild Rivers Visit to Branthwaite Scout Camp

21st June – Sports Day and Colour Run

24th June – 27th June – Year 6 Residential to London

24th June – 3W – Maryport Aquarium Visit

25th June 3H – Maryport Aquarium Visit

25th June – 4H – Wild Rivers Visit to Branthwaite Scout Camp

3rd July – Year 6 Taster Day at St Benedict's and Whitehaven Academy

Thursday 11th July – Party in the Park

18th July – Y6 Leavers Assembly pm. Leavers Party after school.

Friday 19th July – School Closes for the Summer Break.

School Opens for the Autumn Term - Wednesday 04 September 2024

Dates for 24/25

Autumn Term – Wednesday 04th September 2024 - Friday 20 December 2024

Half Term - Monday 28 October to Friday 1 November

Spring Term - Tuesday 07 January 2025 until Friday 04 April 2025

Half Term Break - Monday 17 February to Friday 21 February

Summer Term - Tuesday 22 April 2025 until Friday 18th July 2025

Half Term Break - Monday 26 May to Friday 30 May



One minute guide to...

Whooping Cough (Pertussis)

What is it?

In recent years, cases of whooping cough (pertussis) have risen sharply across the UK. It is a serious disease caused by a bacterial infection in the lungs or breathing tubes that causes long bouts of coughing and choking, making it hard to breathe. The 'whoop' noise is caused by gasping for breath after each bout of coughing. Young babies and children are most at serious risk from whooping cough and so it is very important for this age group to be vaccinated against the disease.

Symptoms:

The first signs of whooping cough are similar to a cold, such as a runny nose and sore throat. After about a week:

- bouts of coughing last for a few minutes and are worse at night. This cough may last several weeks or months.
- 'whoop' sound (a gasp for breath between coughs) can be heard especially infants.
- difficulty breathing after coughing. Infants may turn blue/grey; adults may be very red in the face.
- bringing up a thick mucus that can cause vomiting.

What to do if you or your child has symptoms:

- NHS recommends to either call your GP (as it spreads so easily) for advice.
- [Check symptoms on 111 online](#) (for children aged 5 and over) or call 111 (under 5yrs).
- Go to A & E or Call 999 if your child has difficulty breathing, chest pain, is grey/blue in colour or has a seizure (fit).

Treatment: Depends on your age and the length of time of infection. Under 3 weeks antibiotics will be given to prevent spread (but symptoms may still be present)

How to ease symptoms (once advice/treatment has been given):

- get plenty of rest.
- drink lots of fluids
- take [paracetamol](#) OR [ibuprofen](#) (not together if under 16yrs) to relieve discomfort

STAY OFF SCHOOL, WORK OR NURSERY UNTIL 48 HOURS AFTER STARTING ANTIBIOTICS, OR 3 WEEKS AFTER YOUR SYMPTOMS STARTED WITH NO ANTIBIOTIC TREATMENT.

Vaccination:

- Get vaccinated during pregnancy – this provides antibodies for protection of your baby during the first few weeks of life when whooping cough is most serious.
- The vaccine (Boostrix IPV that also contains diphtheria/ tetanus/polio and whooping cough) is available from your GP/midwifery team and may be offered it at a routine antenatal appointment from around 16 weeks of your pregnancy. Don't forget to discuss with your midwifery team if you have not been offered it.
- The earliest your baby can receive the vaccine themselves is at two months, as newborn babies do not respond well to the vaccine (and they need 3 doses). Breastfeeding alone will not protect your child from whooping cough before their first injection, as not enough immunity is passed in the breast milk to your baby

Further Information:

NHS: <https://www.nhs.uk/pregnancy/keeping-well/vaccinations/>

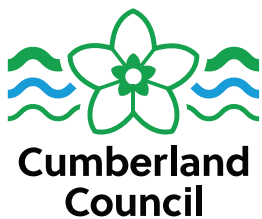
UKHSA: <https://www.gov.uk/government/publications/resources-to-support-whooping-cough-vaccination/whooping-cough-vaccination-in-pregnancy-guide>

Guide developed by Education IPC, Public Health & Communities Team Cumbria

March 24



Working for Cumberland Council and Westmorland & Furness Council



15 hours free childcare for Working families of 9 months old

Check if you're eligible!

www.gov.uk/apply-free-childcare-if-youre-working

Visit the webpage or scan the QR code to apply.

From September 2024 eligible working parents of children 9 months old will be able to access 15 hours of free childcare.

Each parent, and any partner would need to be working and earning the equivalent of 16 hours a week at national minimum/living wage (at least £167 per week) and be under £100,000 net income per year.



When to apply

Child is eligible on or before	Child can start	Best time to apply
31 December	January	15 October - 30 November
31 March	April	15 January - 28 February
31 August	September	15 June - 31 July

How you can use your free childcare

You can use up to 15 hours of free childcare per week for 38 weeks of the year (during school term time). Some childcare providers offer stretched hours over more weeks if you use less than 15 hours per week.

What you need to know

Remember to reconfirm your eligibility every 3 months. If you apply more than 3 months before the term starts, you'll have to reconfirm your eligibility in your account to keep your code valid.

Childcare Choices

Childcare choices <https://www.childcarechoices.gov.uk/>

Use the online childcare calculator to find out how you can save on your childcare and support that is available.