

Millbrook Messenger



Christmas Events

We are going to be very busy with lots going on in the lead up to Christmas. Here are some of the events that are happening.

Foundation Stage and KS1 Nativity — Monday 11th and Tuesday 12th December. Please book your ticket on ParentPay and check the letter for details of the costume your child will need.

Christmas Lunches — children in Reception, Year 1 and Year 2 who are all entitled to Universal Infant Free School Meals and those entitled to Free School Meals will automatically receive a Christmas lunch, you do not have to book one. Please let your class teacher know if you will provide your child with a packed lunch instead. If you pay for your lunches please book one using the special Christmas lunch payment item on ParentPay. On the day that it is not your Christmas lunch the kitchen will provide packed lunches only.

Wednesday 13th December — The Ark, FS & KS1 Christmas Lunch

Thursday 14th December — KS2 Christmas Lunch

Monday 18th December — Parents/carers are welcome to join us at our Christmas Service at Freshbrook Church at 9am. You are welcome to stay for refreshments kindly provided by the church.

Other Dates for your Diary

Tuesday 21st and Wednesday 22nd November — Parents Evening

Wednesday 22nd November — Nasal flu vaccination for children in Yrs R—6

Wednesday 22nd 9th November — Badgers Class Assembly 9am

Wednesday 29th November - Skylarks Class Assembly 9am

Friday 1st December — Millbrook Friends Christmas Pop-Up

Monday 11th December—FS & KS1 Nativity 2pm

Tuesday 12th December—FS & KS1 Nativity 10am and 2pm

Wednesday 13th December — Christmas Dinner—The Ark, FS & KS1

Wednesday 13th December — Caterpillars Open Day - at 3.45pm

Thursday 14th December — Christmas Dinner—KS2

Monday 18th December — Christmas Service at Freshbrook Church 9am

Tuesday 19th December—last day of term school finishes at 1.15pm

Wednesday 3rd January—Staff Training Day

Thursday 4th January—children return to school, gates open at 8.30am

Millbrook Primary School & Pre-school

Worsley Road, Freshbrook, Swindon SN5 8NU

Phone: 01793 872800, Website: www.millbrook.swindon.sch.uk

Email: secretary@millbrook.swindon.sch.uk Twitter: @MillbrookPri

Instagram: @millbrookprimaryschool

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Children in Need

Thank you so much for your sponsorship and donations. The children have been busy joining in with Pudsey's Bearpees Challenge and to date we have received an amazing £1353.00 through ParentPay We will update you on the final total once all the sponsorship forms are in. This is amazing ! Thank you



Parking

Please be considerate to local residents when bringing your child to school by car, we have received complaints of dangerous parking on Gainsborough Way that not only endangers the lives of our children but causes problems for other motorists. Parking is available locally by Tesco's/the Community Centre or in the church carpark.

We have received the following information from the Public Health department in Swindon, which may be useful especially as the winter cough/cold season is upon us.

Caring for children with COUGHS



COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

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DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.



This leaflet contains information about how to look after a child who has a cough (not due to asthma). For more detail see www.bristol.ac.uk/child-cough



FEVER/HIGH TEMPERATURE

In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.



DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.

To help prevent dehydration, encourage your child to have sips of water.



Nasal Flu Vaccination

To help protect your child from the flu, nasal vaccinations will take place next Wednesday 22nd November at school. Please register and book by Sunday 19th using the following link if you would like your child to receive it.

<https://schoolimms.hcrgcaregroup.com/flu/2023/swindon>

Keep up to dates with local events in our community on our website -

<https://millbrook.swindon.sch.uk/parents/local-events>

Contact Millbrook Friends to join in with their Christmas Light Trail.

WHEN TO SEE THE DOCTOR

Arrange to see or speak to your doctor today if any of the following occur:

RAPID OR DIFFICULT BREATHING (DEPENDENT ON AGE):

AGE OF CHILD	BREATHING RATE
Babies under 6 months	over 60 breaths per minute
Babies 6-12 months	over 50 breaths per minute
Children over 1 year	over 40 breaths per minute
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath

HIGH OR PERSISTENT FEVER (DEPENDENT ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Babies under 3 months	38°C or more
Babies 3-6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days
If your child has a fever fit, call 999 or take them to A&E.	

VOMITING (DEPENDENT ON AGE):

AGE OF CHILD	SYMPTOMS
Babies under 3 months	Vomiting + fever of 38°C or above
Babies 3-6 months	Vomiting + fever of 39°C or above
Children over 6 months	Vomiting + fever + extremely drowsy or listless
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)
Any age	Persistent vomiting (more than 2 days)

SKIN PALER THAN USUAL

If your child appears much paler than usual, hands and feet are very cold while their body is warm. If skin, lips or tongue appear blue, call 999.

PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

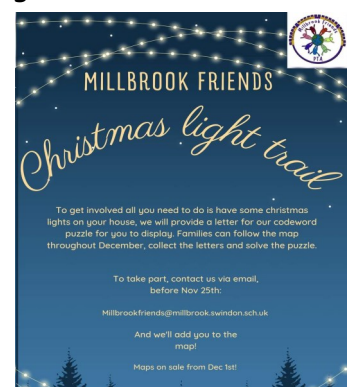
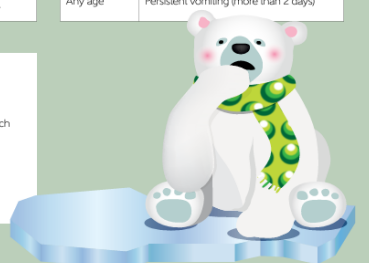
HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

NOT FEEDING

Babies under 1 year: if your child stops feeding entirely.



Keeping your child safe

Please update your contact details with the school office if your phone number/email has changed. Also if your emergency contacts have changed please let us know.

It is very important that you phone the school office is someone not on your emergency contact list is collecting your child.

See below for information to keep your child safe online, did you realise what the age restrictions are for these social media platforms?

Age Restrictions for Social Media Platforms

13

is the minimum age for account holders on these social media sites and apps.



Twitter



Facebook



Instagram



Pinterest



Messenger



Tik Tok



Discord



Snapchat



Twitch



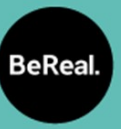
Yubo



Reddit



YouTube



BeReal



Disclaimer: This resource/information is not intended to encourage social media use and we cannot accept any responsibility for pupils that sign up to social media sites after using this resource/information.



Age Restrictions for Social Media Platforms

16

is the minimum age for account holders on these social media sites and apps.



WhatsApp



Vimeo



Telegram



Nintendo Online Account



Tumblr



18

is the minimum age for account holders on these social media sites and apps.



Xbox Live Account



PSN Online Account



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We have received this notice from Swindon Borough Council —

Childminder Recruitment Month !

SWINDON NEEDS MORE CHILDMINDERS

Would you enjoy working from home and being your own boss while helping children to develop new skills through play? If so you could be who we are looking for !

Currently there is an opportunity to gain a £600 grant should your registration with Ofsted be successful.

To find out more about becoming a childminder scan the QR code



SCAN ME