SAFEGUARDING

Term: Autumn | Issue: 3 | Date: 23rd January 2026

MESSAGE FROM MRS LAWRENCE

Dear Parents and Carers,

Thank you to Abbott Movement for taking the children to Community House in Bromley for the Intergenerational Dance Project. The children were so excited to take part! You will have seen from the Science Day letter that we are asking any parents or family members with a STEM background to come into school - please contact the office if you can support us.

Have a wonderful weekend,

Mrs Lawrence
Headteacher and Safeguarding Lead

Coughs and Colds NHS advice

Children's sore throats

Sore throats are often caused by viral illnesses such as colds or flu.Your child's throat may be dry and sore for a day or 2 when they have a cold. You can give them paracetamol or ibuprofen to reduce the pain. Most sore throats get better on their own after a few days.

See a GP if your child has a sore throat for more than 3 days, a high temperature (or feels hot, cold or shivery) and is generally unwell. Go to A&E or call 999 immediately if they're unable to swallow fluids or saliva or have any difficulty breathing, as they'll need urgent treatment in hospital.

Children's coughs

Children often cough when they have a cold because of mucus trickling down the back of the throat. If your child is feeding, drinking, eating and breathing normally and there's no wheezing, a cough is not usually anything to worry about. Although it's upsetting to hear your child cough, coughing helps clear away phlegm from the chest or mucus from the back of the throat. If your child is over the age of 1, they can try drinking a warm drink of lemon and honey.

To make hot lemon with honey at home, you need to:

- squeeze half a lemon into a mug of boiled water
- add 1 to 2 teaspoons of honey
- drink while still warm (do not give hot drinks to small children)

If your child has had a cough that's lasted longer than 3 weeks, see a GP.

Stars of the Week

0RC - Henry T
0RB - Hallie B
1CE - Ara G
1T - Paisley P
2E - Maisie B
2M - Archie W
3S - Sienna-Mae G
3C - Saihoon A
4C - Jesse N
4LT - Molly D
5P - Ivy L-C
5RKP - Summer P
6F - Scarlett T
6C - Charlie W
Aspire - Grayson J

Congratulations!

Weekly Whole School Attendance 94.6%

Weekly Class Attendance

Excellent attendance 'gold'
98-100%
4LT-98%
Good attendance 'green'
96-97.9%
2M-96%
3S-96.5%
2E-97%
0RC-97.4%

Well Done!

House Points

Hawking
Attenborough
Rowling
Holmes

Cold Weather

With the colder weather setting in, we want to ensure all our pupils stay warm, safe, and ready to learn. Please make sure your child comes to school with:

- A warm coat, hat, scarf, and gloves (all named)
- Suitable footwear for icy or wet conditions.
- Layers to keep comfortable indoors and outdoors

DIARY DATES

Keep a note!

28th January - Yr 4 Class Celebrations - 8.30am-9.30am

30th January - Yr 5 Trip to Hampton Court

2nd February - Science Day - (Please see email sent this week)

9th February - Special Recognition Assembly (Invitation Only)

10th February - Parent Consultations (3.30pm-7.00pm)

12th February - Parent Consultations (3.30pm-5.00pm)

13th February - Last Day of Term

27th February - Year 4 Trip- Horniman Museum

19th March - Reception Farm Buzz Day

Driving on site

If you are a parent or carer who has permission to drive on site to drop off or collect, please remember that we have timings in place in order to **keep our children safe**. When dropping off in the morning please do not drive on site after 8.20am and please do not leave before 8.45am. When collecting in the afternoon you must arrive on site before 3.00pm and should not leave site before 3.30pm. When on site, please turn engines off to keep pollution to a minimum.

The winter blues ....

There are some tips we can all try to help get through this tricky time which will have a positive effect on our mood, stress and anxiety. The reduction in sunlight can affect our body's internal clock and lower our mood and can also affect the chemicals in our body that impact our mood. In the UK we do not get enough vitamin D during the darker months. The national recommendation is to consider taking over the counter vitamin D during autumn and winter, or add oily fish like mackerel to your menu, as it's a food source of Vitamin D. Alcohol and caffeine can increase anxiety so it's best to keep your intake within recommended limits. Make sure you are eating well, getting enough rest and sleep whenever possible. Get outside and doing some activity- there is no need for the gym if you don't like it. Walking is great in two ways for lifting your mood – both the exposure to sunlight and the activity will make you feel good. Doing something you enjoy can also help. Remember what is good in your life. The evidence shows that people who write down the things they are grateful for, whether that's daily or weekly, see and feel their mood improve. Try listening to music because many of us find that this is an instant mood changer, either by calming us down or making us smile. You could create a playlist either for yourself or to share with friends. Try not to worry, using breathing exercises for anxiety or stress and trying not to worry about the future but instead focussing on what is happening now can reduce stress and anxiety. Apps such as *headspace* can support you in doing this.

MAKATON

Sign of the Week

To Learn

Miss Knott, SENCo Assistant

LANGUAGE OF THE MONTH

French

Hello: Bonjour

Goodbye: Au Revoir

Thank you: Merci

Weekly Lunch Menus

We will continue sending out weekly menus each Friday afternoon as we feel this is working well for families and keeps this fresh in your inbox!

HAVE A FANTASTIC WEEKEND

https://www.bigginhillprimary.com/