



# FRIDAY NEWS

16TH  
FEBRUARY  
2024

The official newsletter of St James CE Primary School

## MOMENTS MATTER, ATTENDANCE COUNTS.

*That moment they found a new best friend queuing up for pudding.*

*That time fractions suddenly clicked.*

*That day cavemen came to live in the playground.*

*That science lesson when a mento and cola 'rocket' sprayed everywhere.*

*Breaking a school record on sports day.*

*When they helped catch the escaped rabbit.*

*Helping to build props for the school play.*

*When they baked cupcakes that were actually edible (just).*

*Performing that encore at the school concert.*

From the first day of term to the last, each moment, big or small, makes a big difference to a child's well-being - positive, real, life-changing moments. And in a school year, there are hundreds of them. What a difference a school day makes. This a new initiative from the DfE to improve attendance. Have a safe and enjoyable half term and we look forward to seeing you **every day** for the next term.

## STARS OF THE WEEK

Class 1 - Zina S

Class 2 - Gideon Mc

Class 3 - Iqra S

Class 4 - Souhaila L

Class 5 - Giovanni I

Class 6 - Jakub B

Class 7 - Great E

Class 8 - Praya H

Class 9 - Faith Y

Class 10 - Sienna-Rose T

Class 11 - Samuel O

## GOLD SCROLL

Leah L, Freddie W,  
Brayden F, Thomas P,  
Don-Divin N, Tallulah-Rose L,  
Rogan J, Ashton B,  
Dominic H, Scarlett S,  
Iqra S, Emmie T,  
Theo S, Mitzy W,  
Kelsey-May J, Ayoub A,  
Yara S, Luke B,  
Farrell S, Taro P,  
Sienna Rose T, Imogen L,  
Bobby H

## CHRISTIAN VALUE

Our Christian value this half term is  
**Love.**

## BIBLE QUOTE OF THE WEEK

*Let all that you do be done in love.*  
**Corinthians 16:14**



## MEASLES OUTBREAK

Due to recent outbreaks of measles elsewhere in the UK, The UK Health Security Agency has advised that it is likely that we will see measles cases in Greater Manchester.

Measles is highly infectious and can cause serious health consequences. The MMR vaccine is a safe and effective way to protect from measles, mumps and rubella. Please check that your child has had their MMR vaccines, and if unsure speak to their GP. More information can be found on the leaflets below.

## UNIFORM

When children have PE, children are expected to arrive at school in full uniform. They will change into their PE kits before the lesson and change back into their uniform after the lesson.

## REMINDERS

- Monday 26th February - School re-opens at 8:40 am.
- Tues 27th & Wed 28th February - Parent Consultations (face to face). Booking forms have been sent out via text. Forms close on Sunday evening 9th Feb. Reminder text will be sent out over the weekend.
- Wed 28th February - Book Fair begins for a week.
- Monday 4th March - KS2 SATs Meeting @ 2:45 pm.
- Friday 8th March - World Book Day

## ATTENDANCE

OUR TARGET IS 96%

<b>Whole School</b>	<b>90.4%</b>
Class 1	93.1%
Class 2	93.1%
Class 3	92.0%
Class 4	89.6%
Class 5	91.2%
Class 6	91.0%
Class 7	89.7%
Class 8	82.1%
Class 9	92.7%
Class 10	89.7%
Class 11	92.3%

Green: 100% - 95%  
 Yellow: 94.9% - 90%  
 Red: Below 90%



@stjamesfarnworth

# MEASLES

## Don't let your child catch it

– get them vaccinated with the MMR vaccine

- measles outbreaks happen when not enough children have been vaccinated
- measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill
- your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection
- if your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible\*
- if you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- if you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected

\*In response to a local outbreak then the 2 doses can be given one month apart from the age of 18 months.



# Answers to some common questions about measles and the MMR vaccine

## Why are we seeing these outbreaks of measles?

Measles is a highly infectious disease, spreading quickly from person to person, especially in schools. A child with measles will infect almost all unprotected children they have contact with. Since the end of 2017 there has been an increase in measles globally which has affected the UK. This has resulted in some spread into wider communities, in particular in undervaccinated groups.

## When are the MMR vaccinations usually given?

The best times are between 12 and 13 months of age and again at 3 years and 4 months, with one dose on each occasion. But, if your child wasn't vaccinated then, they can be vaccinated at any age with 2 doses one month apart.

## Will there be any side effects to the vaccination?

Your child may get the symptoms of measles, mumps and rubella for up to 6 weeks after the vaccination but in a very much milder form. This proves that the vaccine is working and your child is building up resistance to future contact with the viruses that cause the 3 diseases. Not all children show these symptoms but that doesn't mean the vaccine isn't working.

## Should parents in outbreak areas get vaccinated against measles?

As with many diseases, once you have had measles, you don't catch it again because you have built up a natural resistance to it. So, if you've had measles or 2 doses of MMR vaccine you do not need to get vaccinated now.

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For more information about measles and MMR go to [www.nhs.uk/conditions/measles/](http://www.nhs.uk/conditions/measles/)

## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



# DEVICE BOX



## National Online Safety

#WakeUpWednesday