



St. Joseph's Catholic Primary School
Bristol Road
Portishead
North Somerset
BS20 6QB
☎ 01275 848367

Headteacher: Mrs E Jackson
Deputy Headteacher: Mr G Bath
E-mail: office@st-josephs.org.uk
Website: www.st-josephs.org.uk

Friday 10th January 2020

Dear Parents and Carers,

A very Happy New Year to you all, I hope 2020 brings with it health and happiness. I would like to say thank you on behalf of all the staff for all the lovely gifts and well wishes that we received before the Christmas break.

As many of you were aware I wasn't around just before Christmas to enjoy all the concerts that the children had worked so hard for, my lovely mum passed away just before Christmas and I know many of you remembered me and my family in your thoughts and prayers over the holidays so thank you again. Our school community means so much to all of us in times of need.

We all enjoyed our Panto, Peter Pan and a big thank –you to the PTFA for once again subsidising half the cost. Once again we fell short of the cost as 22 parents did not pay, I realise we can only ask for voluntary contributions for such activities, but we find it difficult at the moment to meet the shortfall and as this has happened every year since we first booked the Pantomime I don't feel we can go ahead and book it for next year. Please bring in your payment to the school office, if you cannot use parent pay for any reason.

PTFA

The next PTFA meeting will take place on **Tuesday the 14th of January at 7.00pm in the Albion (opposite the school). Please read the letter attached from the chairperson of the PTFA with regards requests for support and help.** Come along as there will be planning for up and coming events.

PLEASE SUPPORT THE PTFA THEY DO SO MUCH FOR THE CHILDREN IN OUR SCHOOL

Charities at Christmas

We supported a few charities over Christmas, thank you to Year 3 and 4 for reminding us that Christmas is also a time for remembering those less fortunate than ourselves particularly the homeless. We raised £488.27 for Shelter. We made Christingles and raised £50.95 for The Children's Society. We wore our Christmas jumpers and raised £126.17 for Save the Children. A special mention for Sophia Mougeot, Birdy Topliss and Bella Flay in Year 3 who made sandwiches on the afternoon of our early finish to take down to central church in Bristol for the homeless, what a fantastic example of caring at Christmas time.



"Together we love, together we hope, together we learn."



Census Day – Thursday 16th January 2020

It is really important if your child is in Reception or KS1 that they have a school dinner on this day. The uptake of school meals on this day translates into extra money for the school. I understand if your child has allergies and they need to have a packed lunch. However, I would STRONGLY encourage everyone else to have a school lunch.

Health news

Say no to norovirus: 5 ways to beat the bug

Norovirus, also known as the winter vomiting bug, is highly infectious and causes vomiting and diarrhoea. Norovirus is easily transmitted through contact with infected individuals and any surfaces or objects which have been contaminated with virus shed by these individuals.

Norovirus activity has started earlier this winter and laboratory confirmed cases are higher than average for this time of year. There have been 104 outbreaks reported since July 2019.

5 ways to beat the bug:

- Stay at home if you are experiencing norovirus symptoms. Do not return to work or send children to school until 48 hours after symptoms have cleared. Also avoid visiting elderly or poorly relatives, particularly if they are in hospital.
- Wash your hands frequently and thoroughly with soap and warm water. Alcohol hand gels don't kill norovirus.
- When an infected person vomits, the droplets contaminate the surrounding surfaces. A bleach-based household cleaner or a combination of bleach and hot water should be used to disinfect potentially contaminated household surfaces and commonly used objects such as toilets, taps, telephones, door handles and kitchen surfaces.
- If you are ill, avoid cooking and helping prepare meals for others until 48 hours after symptoms have stopped, as norovirus can be spread through food contaminated by the virus when food is handled by symptomatic people/infected individuals contaminated food.
- Wash any contaminated clothing or bedding using detergent and at 60°C, and if possible wear disposable gloves to handle contaminated items.

Symptoms of norovirus include sudden onset of nausea, projectile vomiting and diarrhoea but can also include a high temperature, abdominal pain and aching limbs. These symptoms typically last about 24 to 48 hours without medical intervention, norovirus cannot be treated with antibiotics.

Do not visit your GP surgery or local hospital while symptomatic and until 48 hours after the symptoms have stopped. If you are concerned contact NHS 111 or talk to your GP by phone.

The incubation period of norovirus is 10-48 hours, which is the time between catching the virus and developing symptoms. Individuals can pass on norovirus or shed the virus onto surfaces and objects during this period but are most infectious while symptomatic.

Elderly individuals, young children and those with weakened immune systems are more likely to develop more severe symptoms which last longer and are therefore most at risk of becoming dehydrated.

Dehydration occurs because your body is losing water and salts from vomiting and diarrhoea, so it is important to drink plenty of fluids to avoid this.

Norovirus can be caught all year round and outbreaks are most common in settings where individuals have close contact such as hospitals, nursing homes or schools. Therefore, when norovirus cases increase during the winter period so do the number of these kinds of outbreaks.



Rotavirus

Parents can easily confuse the symptoms of norovirus and rotavirus. Rotavirus is another highly infectious stomach bug that can also cause diarrhoea in young children, though less common symptoms can include vomiting, fever and stomach ache.

Unlike norovirus, [there is a vaccine for rotavirus](#). An oral vaccine against the infection is given as to babies aged 8 and 12 weeks alongside their other routine childhood vaccinations.

Since its introduction into the vaccination programme, the rotavirus vaccine has prevented more than 70% of cases.

Whilst norovirus spreads easily, catching it is not inevitable. With the appropriate precautions it is possible to remain healthy whilst people at work or at home are ill. Practicing good hygiene and avoiding contact with others while infectious are at the core of protecting yourself and others from the spread of the virus.

Housekeeping

- Uniform, I have spoken to the children re uniform. St. Joseph's prides itself on our very smart uniform however standards are slipping and I will be checking and sending letters home next week. I do understand that there may be an occasional hic up –lost tie, things in the wash; wet shoes please let the teacher know should such a thing happen.
- **Wet mornings**-The reception children will be coming into the hall from now on should it be raining; they may come in with their parents. All other parents should leave their children at the door of the hall as there isn't enough room especially when the bell goes and the children have to go to class. On Fridays (if it is wet) there will be tea and coffee available in Gen's room for parents before Praise assembly.

God bless

Mrs Jackson

"You don't choose your family, they are God's gift to you, as you are to them". Desmond Tutu

Dates for parents evenings

Tuesday the 11th of February and Wednesday the 12th of February.

Appointments for parents evening are booked online using E-Schools. All parents will need to log onto E-schools on the Friday 31st of January at 6pm to book an appointment.

Parents/carers of Reception Class and all new pupils will be issued log-in details by Friday 17th January 2020. If you do not receive this, or if you experience problems logging in, please contact the school office.

Please see the website for the full calendar of events