

The Flitch Green Academy

NEWSLETTER - 26th January 2024

Principal's Message

Another week passes, just three until half term and the approximate half-way point of the school year.

I was very happy to launch the run challenge in school on Monday during assembly, having explained it to the children in Celebration Assembly a week ago - read more in the School Games section. Thanks for the donations so far. Training is going well. Monday is often a day I choose for a longer run - 21km on 15 January and 25km last Monday. Still 12 weeks until the race! On the morning run from the bus stop across a trail I regularly encounter deer, sometimes in huge numbers, quite the sight first thing in the morning!

Class Comet delivered a great class assembly last week - more in the curriculum section. I hope YR pupils are OK as Class Moon mentioned Earthquakes in Flitch Green and Comet covered crime and punishment in the middle ages!

It was a pleasure to visit Class Venus this week as they were so proud to share their writing. They have read 'The Smartest Giant in Town' and written their own versions. Both content and quality were impressive.

Tag Rugby enjoyed their second session this term, numbers are at 20 now which is great. They are learning skills quickly.

Congratulations to Mrs Parkin Andrews who has been nominated by one of the specialist teachers who works in our school for 'LSA of the Year' in West Essex.

The school is using Twitter more regularly this term - look out for updates, photos etc - please follow at:

[FGA Twitter](#)

The last two week's in assembly I have covered the themes of 'confidence' - we looked at Henry Ford's quote: "Whether you think you can or whether you think you can't, you are right" and spoke about how we build confidence. This past Monday the theme was 'rest' - we looked at hibernating animals and why they need to hibernate. Then we discussed the importance of resting our bodies and minds to get the best out of each day. Some of the children were very good at knowing how much sleep they should get. I hope you are all able to enjoy 8 hours of sleep!

Have a super weekend all.

Mr Burden.

Headteacher Award

19th January 2024



26th January 2024



Curriculum

Neptune and Mars have started their Forest School sessions this week. The conditions out there have been muddy to say the least. Great to see the children in the outdoor environment and seeing them build their resilience.

Feedback from pupils:

Lenny "It was really fun because there were lots of activities. My favourite was the 'slack line'.

Caitlin "It was very muddy! It was lots of fun because there were loads of things to do. I liked rolling down the hill!"

Edward "It was really good, we got a little muddy. We poured water down a hill and slid down it!"

Sophie "It was excellent - we found worms and some woodlice!"

KS1 classes have been working very hard at their writing skills - re writing the story of 'The Smartest Giant in Town'. They listened carefully to the original story, remembered each section with associated actions and then wrote their own versions. Well done Y1/2 children.





Class Sun gymnastics and RE lesson



Attendance

Class attendance winners since the last newsletter:

Week 17 15/1/24 (5 days)	Class Neptune	99.64%
Week 18 22/1/24 (5 days)	Class Jupiter	95.93%

Attendance for this term stands at 94.30% and for the year at 93.44%.

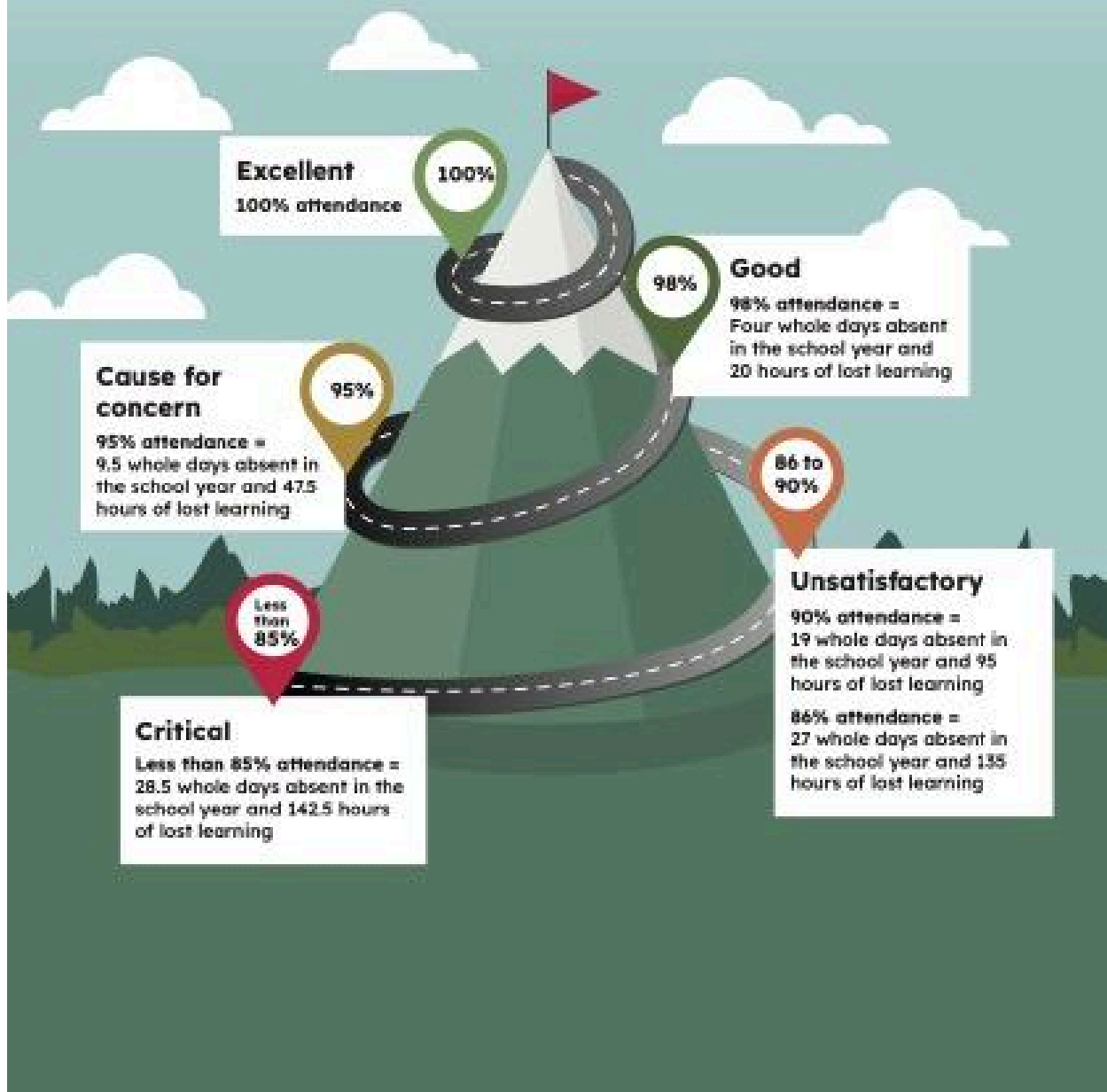
Here are some reminders to support families with attendance:

- It is OK to be at school with a cough / cold or not feeling 100%.
- If a child misses the morning session but feels better they can of course attend in the afternoon, or as soon as possible.
- Please remember arriving after the register closes at 09:15 means the children effectively are marked absent for the morning even though they were here for the majority of the time.
- Please think about time for medical / dentist appointments. Children can be in school before and after appointments which will help their attendance figures.
- Try to be early, not late. 5 minutes late each day equates to three school days across a school year being lost!
- If you need help / support with attendance please contact the school.

Attached with this newsletter are 3 handouts from Essex Local Education Authority / NHS regarding attendance:

- Attendance Mountain
- Good Timekeeping
- What do do (advice on childhood illnesses)

Where does your child sit on the attendance mountain?



What to do

Advice on childhood illnesses



Go to school; if needed, get treatment as required



Some restrictions for school attendance



Don't go to school and see the GP

What it's called?	What it's like	Going to school	Getting treatment	More advice
Asthma flare up	Worsening of usual symptoms	➤	Follow your care plan	Stay off school if feeling too unwell
Chicken pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters		Pharmacy	Back to school five days after on-set of the rash, or when all lesions are crusted over
Common cold	Runny nose, sneezing, sore throat	➤➤	Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)	➤➤	Pharmacy	Try not to touch eye to avoid spreading*
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat		Pharmacy	Ensure good hand hygiene*
German measles/Rubella	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards	●	GP	Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected.
Glandular fever	High temperature, swollen glands, sore throat; usually more painful than any before	➤➤	GP	*
Hand, foot & mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)	➤➤	GP	Attend school while monitoring symptoms
Head lice	Itchy scalp (may be worse at night)	➤➤	Pharmacy	
Impetigo	Clusters of red bumps or blisters surrounded by area of redness	●	GP	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose, watery inflamed eyes, rash	●	GP	Back to school four days from on-set of rash, and if feeling well enough
Ringworm	Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty	➤➤	Pharmacy	
Scabies	Itching rash, commonly between fingers, wrists, elbows, arm	➤➤	GP	Back to school after first treatment
Scarlet fever	Fever, unwell, red tongue, sandpaper rash	●	GP	Exclusion period during first 24 hours of antibiotics*
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash		GP	Only stay off school if rash is weeping and cannot be covered
Sickness bug/diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy	Contact GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus	➤➤	Pharmacy	Ensure good hand hygiene
Tonsillitis/Strep throat	Intense sore throat for more than 1 day	➤➤	Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow. Only need to stay off school if feeling too unwell
Whooping cough	Violent coughing, with a 'whoop'	●	GP	Exclusion period during first five days of antibiotics
Covid				Visit www.nhs.uk for latest guidance

*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.

Working in partnership with

Should my child go to school/nursery today?
Hertfordshire and West Essex Healthier Together for further information
<https://www.hwehealthiertgether.nhs.uk/parents/carers>



GOOD TIMEKEEPING



What to do the night before:

Get everything you need for school ready



Set your alarm allowing plenty of time

Make your lunch and drink if you bring a packed lunch to school



Turn off devices half an hour before bedtime

Have a good night's sleep - a minimum of eight hours!



Five minutes late per day soon adds up to three days of lost school time

For mental health support for young people
visit: www.youngminds.org.uk

School Games

Well done to the children who swam for the school on 12 January. There were some super performances in the pool.

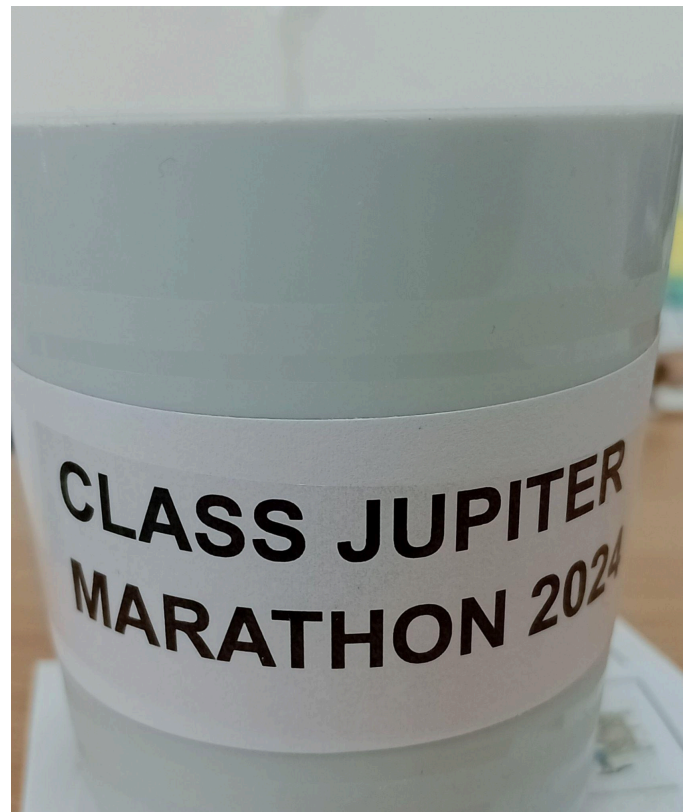
Year 4 boys came first in their freestyle relay, year 5 boys narrowly missing the post and coming second. Overall coming third as a school. Some excellent swimming from all that took part.

This week Mr Burden launched the Marathon Challenge. There are 10 school weeks until the London Marathon. All classes have scoring sheets for each child. If a pupil can run / walk 140 laps in 10 weeks (approx x3 per day) they will cover the 26 miles needed. KS1 children are collecting tokens each lap to record as a class. In the first few days the enthusiasm to run and take part was excellent, even if the counting skills may not have been! They love receiving the tokens for each lap.

It has certainly encouraged exercise for pupils and staff alike.

Fundraising Link here;

[Mr Burden London Marathon](#)



After School Clubs

After school clubs have started for this half term!



Congratulations!

Congratulations to Sarah Parkin Andrews for being nominated for LSA (Learning Support Assistant) of the year in the West Essex area. Her nomination came from Catherine Hill, a specialist teacher who works closely with the school. Well done and very much deserved!

Media Group

Dear Parents/Guardians,

As you may know that Mr. Burden (our principal) will be running the famous London marathon! The school is also taking part in running on our new running track meant for all years , most children are participating in doing at least more than 100 laps round. Obviously, the children are not forced to and they are encouraged to do 3 laps a day due to exercise.

Mr. Burden is raising money for the wooden spoon charity online, you might of got an email already about the donation.

Another thing to add , Earth class are soon going to Duxford in February, as they are learning about World War Two. Year 6 are still supposed to wear uniform and bring packlunches since there will be no food provided there. The most important thing to do is to stay safe and enjoy the time there.

Kind regards,
Erin & Alisa

Important Dates for Spring Term

Thursday 15th February - FFG Valentines Disco (details to follow)

Friday 16th February - Non-Pupil Day

Monday 19th February to Friday 23rd February - HALF TERM

Monday 26th February - Pupils return to school

Wednesday 6th March - Earth Class Assembly (9am)

Thursday 7th March - World Book Day (details to follow)

Monday 18th March - Year 4 Residential Information Evening (15:30)

Wednesday 20th March - Book Fair starts

Thursday 21st March - Neptune Class Assembly (9am)

Saturday 23rd March - FFG Quiz Night

Tuesday 26th March - Parents Evening (15:30-17:30)

Wednesday 27th March - Parents Evening (15:30- 19:30)

Thursday 28th March - Term finished at 1pm.

Notices

Please remember to check the 'Community' tab of our website regularly, as we upload community groups and events that we hope you may be interested in.

www.theflitchgreenacademy.co.uk

This week you can find information on:

Crossley Palmer Dance Classes

Notley Youth Football Club

Alex Hart Kaizen Karate and Kickboxing

February Half Term HAF information

MRFA February half term football camp

SCS February half term sports camp

Salad Days Magazine

Kizaround Magazine

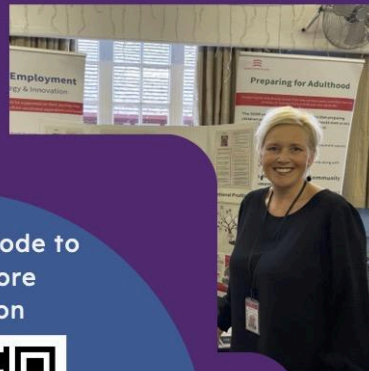
Essex Local Offer Roadshows

Are you a parent/carer of a young person with special educational needs and disabilities (SEND) and want to know what support is available in your area? Come along to one of our Essex Local Offer Roadshows.

Meet representatives from across education, health and social care as well as local support groups.

No need to book, just drop in!

Parent/carer workshops will also be running. More information to follow soon.



Scan the QR code to
find out more
information



or go to
[The Essex Local Offer Website](#)



In Partnership with



Join us...

Monday 4 March 2024

The Holiday Inn, Basildon

Thursday 7 March 2024

Hamptons Sports and Leisure,
Chelmsford

Wednesday 13 March 2024

JobServe Community Stadium,
Colchester

Tuesday 19 March 2024

The Harlow Hotel, Harlow