



Weekly Newsletter

FRIDAY 14th FEBRUARY 2025



Loving Learning Together



Latest News

Dear Parents and Carers,

It's been another action-packed week here! All classes have enjoyed online events in the Liverpool Reading Festival, organised by Liverpool Learning Partnership. These have included author presentations by:

Author	Book	Aimed at
Kathryn White	Home for Grace	Y1 and Y2
Kurly	Poetry	Y5 and Y6
Rob Bradley	Reasons to Write Rhymes	Y3 and Y4
Nadine Kaadan	Tomorrow The Jasmine Sneeze	Reception, Y1 and Y2
Gill Smith	Saving the Butterfly	Y1, Y2, Y3 and Y4
Levi Tafari	Poetry	Y3, Y4, Y5 and Y6
Coral Rumble	Jakub's Offer	Y3, Y4, Y5, and Y6

These sessions have led to lots of lovely discussion, further reading and even some wonderful writing! Well done everyone for taking part so enthusiastically!



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There have also been visitors in school this week, with sports coaches from Liverpool Schools Sports Partnership (LSSP) delivering teambuilding sports workshops, which have been brilliant fun!



There's also been a lot of excitement for our Reception class, who went on a day trip to the Blue Planet Aquarium! They travelled in a fleet of minibuses with their packed lunches, which was an adventure in itself. But then, they had an amazing time seeing the fish and sharks and learning all about them. Their teachers were so impressed with the children's kind, respectful behaviour and their curiosity about everything they saw: well done Reception!

Finally, some Year 5 learners had a day learning circus and performance skills and The BlackE on Thursday. Their attitudes were wonderful and they demonstrated great resilience, teamwork and a sense of fun!



Best wishes for a lovely half term week, Miss Clements (Miss CB!)





Could you turn a
WOODEN SPOON
into a
BOOK CHARACTER
for World Book Day 2025?

Please bring your competition entries to
school on World Book Day!
Thursday 6th March 2025



There's just under one month to go to World Book Day and we have a very creative competition running. We want you to turn a wooden spoon into your favourite book character! We have wooden spoons available from the school office or you can use your own from home but be sure to start thinking about your marvellous creations. There will be a book given as a prize to the winner of each class and their spoon will be displayed in our school library for all to see. I know it might be tempting to bring in your spoons earlier, but please wait until World Book Day to show your chosen character.

Alongside bringing in their wooden spoon characters, we invite the children to come to school in their pyjamas in order to encourage the joy of reading at bedtime.

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We Need You to be a Parent Governor

You may have seen an email from school asking for Parent Governors. We have two vacancies to join our friendly governing board, who meet once every 6 weeks to hear about school developments, ask questions and offer suggestions. There are documents to read, and it is a commitment but it's very rewarding and interesting. If you'd like a chat to find out more, please pop into school or give me a ring.

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This month, at Knotty Ash Primary School we've extended our partnership with Zero Food Waste. We are now hosting events in the school hall on a Saturday and Sunday evening.

Bags of food need to be booked in advance (see below for how to do this.) It's not a food bank; it's saving food from landfill :)

We are really pleased to be able to help with this good cause, but rest assured we are also working hard to make sure the school site is safe and there is minimal disruption to the local community.

HOW TO BOOK BAGS

- Send us a message via messenger at 7am on the day you want to collect, bookings before 7am are not accepted.
- If there is more than 1 event that evening, please specify the event you wish to attend.
- All bags are allocated on a 1st come, 1st served basis in the order we receive messages.
- Please only send 1 message, someone will always reply, if you message multiple times you will lose your place.
- If you are allocated a bag, it will be ready for collection at 10pm.
- Please only request 1 bag per household per 7 day period.



By working in partnership, saving surplus food & building community: great things can happen!

SATURDAY EVENTS

11 - 12pm
Open Event - No booking required
St Hilda's Church, Stuart Avenue, L25 ONG

12 - 1pm
Open Event - No booking required
Methodist Centre, Atherton Street, Prescot, L34 5QN

10pm
Bagged Event - Bookings open at 7am
Elm Hall Drive Methodist Church, Elm Hall Drive, L18 1LF

10pm
Bagged Event - Bookings open at 7am
Knotty Ash Primary School, Thomas Lane, L14 5NX

By working in partnership, saving surplus food & building community: great things can happen!

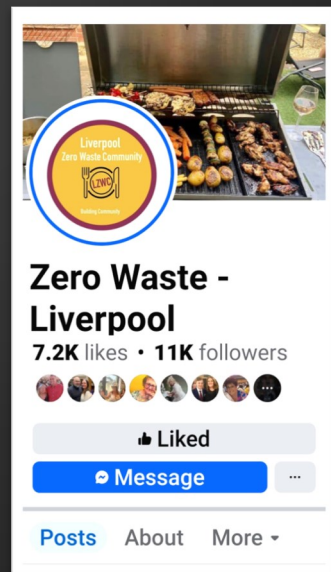
SUNDAY EVENTS

6pm
Bagged Event - Bookings open at 7am
The Place To Be, Eastern Avenue, L24 2SX

10pm
Bagged Event - Bookings open at 7am
Knotty Ash Primary School, Thomas Lane, L14 5NX

Everyone is welcome and everything we distribute is free

By working in partnership, saving surplus food & building community: great things can happen!



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What have we been learning?

Nursery



Nursery have had a fun week learning all about Goldilocks and the three bears. We read the story , we sequenced the story , we acted out the story in class and by ourselves in the book corner . We followed instructions to make some yummy porridge and we chose honey or jam to have with our lovely porridge. Some of us had 2 helpings !

In maths we have been learning the vocabulary of size . Longer, shorter, taller, bigger, smaller. We made a line in order of size of all the children in afternoon nursery.

In Forest school we read a story all about love and we searched for ducks hidden in Forest School. We made Valentines Cards . We are all looking forward to our week off next week . Happy Holidays !

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What have we been learning?

Reception



Reception have had a wonderful week! To finish our topic on Polar Regions and under the Sea creatures we had a day out from school to go to the Blue Planet Aquarium!! Lots of fun was had and the children came back to school with all sorts of facts about sea creatures!!!

This week the children learnt how to describe the properties of 3D shapes, and they dipped shapes into paint to make repeating patterns!!!

We also enjoyed making lots of Valentines crafts this week and talking about how we can show people that we love and appreciate them!

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What have we been learning?

Year 1



This week the children have taken part in the Liverpool Learning Partnership Reading Festival where they listened to an author talk about her story. They listen to the story, *Home for Grace* by Kathryn White which looks at homelessness and the need for support and friendship. The children engaged well with this story and enjoyed listening to the author talk about why she wrote it.

This week the children have been writing their own story of Hermelin which they've enjoyed. In their story they wrote about a spider who was a detective. They have focused on exploring number lines to 20 in Maths. They have compared numbers and estimated where they might be on a number line. In Science, the children looked at sorting seeds to identify the difference between seeds and bulbs. They then predicted which seeds or bulbs they thought would match each flower. In Art, the children completed their final piece of artwork using safe print technique. They thoroughly enjoyed drawing their pattern to then print with their partners.

We hope all of our families have a lovely break over half term!

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What have we been learning? Year 2



Well the final week of school before the half term break has arrived but there is no slowing down in Year 2! One thing we've been enjoying in particular is the book 'The Proudest Blue'. It has a wonderful story and beautiful illustrations, as well as some really important messages to guide us in our lives. The book reminds us to be proud of who we are and to stick up for those we love. It's connected to our topic on Human Rights, an element of which are concerned with our right to express ourselves - our beliefs, our love and our interests. In Art, we had great success with our styrofoam printing blocks when we learned the relief printing technique, and in P.E. we've been developing our strategy skills with the river drill. Watch out for those crocodiles! In Maths, the children have been discovering how arrays can help us to organise an amount and also to recognise multiplication and division facts within that amount. We've also had two weeks of Forest School on a Tuesday - one for Mental Health Week and our regular session this week. Like I said, no slacking at Knotty Ash! Have a wonderful weekend everybody and a great week off school.

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What have we been learning? Year 3



Although some of us have been a little tired this week following our adventures in the Peak District, it has not stopped us trying our best and filling our week with new learning! During our visit from Liverpool Schools Sports Partnership, we had lots of fun co-operating with each other in a range of team games. In place of Reading Explorers, we have enjoyed a week of live stream author sessions for the Liverpool Children's Festival of Reading. One of our favourites was the poet Rob Bradley who had us rhyming and rapping about the word creativity! In English, we have been poets too, planning and writing our own brilliant poems about The River to include features such as personification and metaphors. In Geography, we learnt about our waste water, where it goes and the ways in which we can use less water at home. In Science, we continued to explore states of matter by making our own little 'water cycles in bag' which are now adorning our classroom windows. The eagle eyed amongst us are already spotting evaporation and condensation!

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What have we been learning?

Year 4



Year 4 have been very busy this week planning, writing and editing their very own poems. The Year 4 team have been so impressed with their creativity and imagination, each poem is beautifully written, well done year 4!

In maths we have been looking at multiplying and dividing by 100 and using our knowledge of this to help us with related facts.

In science we made our very own water cycles! They are safely stuck to the windows in class and we will have a look for any changes we can see when we are back to school after the half term break.

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What have we been learning?

Year 5



This week has been a very busy one but a very enjoyable one! We have celebrated a week of authors and have had online lessons with Rob Bradley (who showed us how to wrap), Kurly (who was a poet) and Coral Rumble (who writes creative stories). Year 5 also travelled to Childwall High School to watch Matilda the musical. It was so inspiring for our children and we even saw many past pupils who were unbelievable! I can see some Year 5s who are already preparing their creative assault on the yearly Childwall musical! We also continued our work on our Irena Sendler biography. The class also spent a bit of time exploring poetry based on WW2 and the great man, L. S. Lowry.

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What have we been learning?

Year 6



Year 6 have had a packed last week of half term (as always). It started with a very mindful Monday doing a dodgeball tournament lead by LSSP followed by valentines themes activities in forest school. We have been looking at WW2 poetry in English and writing our own based on the poem 'death that need not have been'. Year 6 created some really vivid images of war through their descriptive writing - I was very impressed! This link well to the festival of reading this week, in which we were partially inspired listening to the poems and messages of Levi Tafari. I'm maths, we've started the topic of decimals, their place value and adding and subtracting decimals. In Inclusive curriculum, we continued to look at Irena Sendler, focusing on the Warsaw Ghetto. We researched and explored the work of L.S Lowry then used his ww2 paintings as inspiration to create our own in his style.

I hope you all enjoy the weeks rest year 6 after all your hard work this half term! All of the year 6 team :)

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What have we been learning?

DRB 1



We've had a fantastic final week in Infant DRB! In language, we've been busy finishing the story of *Hansel and Gretel* and confidently retelling it to our friends. It's been wonderful to see everyone remembering and sharing the story with such enthusiasm!

In Science, we've been learning all about plants. We explored the different parts of a plant—roots, stem, bulb, and leaves—by carefully examining a daffodil from our outdoor planters before replanting it safely. We also sequenced the life cycle of a sunflower, from seed to full-grown plant. We are quickly becoming plant experts!

Our EYFS children had an unforgettable trip to the Blue Planet Aquarium in Chester with our mainstream Reception friends. We saw all kinds of sea creatures, including lots of fish, a huge shark, and a stingray! The children haven't stopped telling us about it all week—it was truly a trip to remember.

To end the week on a sweet note, we created beautiful Valentine's cards to share with our loved ones.

Have a safe and wonderful half term!

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What have we been learning?

DRB 2



Last Friday, we celebrated NSPCC's Number Day, where the children showcased a fantastic array of creative number-themed outfits. It was a fun-filled day, and they enjoyed a variety of engaging math activities.

This week, in geography, the children have been diving into the study of biomes. A biome is a large, distinct community of plants and animals that have adapted to specific environmental conditions. Each biome is characterized by its climate, vegetation, and wildlife, such as forests, deserts, and grasslands.

On Wednesday, our Year 5 children had a wonderful opportunity to visit Childwall High School and watch an incredible performance of Matilda. It was lovely to see some of our former Knotty Ash children performing on stage.

Thursday brought a valuable learning experience as the school nurse led a session on sugar awareness and dental hygiene. The children were shocked to discover the hidden sugar content in their favorite drinks and foods and learned about the long-term impact on their dental health. Each child was given a toothbrush, toothpaste and teeth brushing chart to take home with them.

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Attendance



Class	Attendance
Reception	91.5%
Year 1	93.9%
Year 2	94.5%
Year 3	95.2%
Year 4	94.0%
Year 5	94.5%
Year 6	94.0%

Whole school attendance this week **93.9%**

Class attendance winners **Year 3 95.2%**

Congratulations to Year 3—second week in a row!

Every child should be in school every day,
unless they are too ill.

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Online Safety

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

SNAP STREAK

97

DAYS

What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 85% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2021>

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Lydiate Learning Trust's Febuary Online Newsletter



**KNOTTY ASH
PRIMARY
SCHOOL**
& TRUST RESOURCE BASE

LYDIATE
LEARNING TRUST



Online Safety Newsletter

Feb 2025

Messaging others

There are many ways in which our children can communicate online, for example via messaging apps, social media apps and online games such as FIFA and Fortnite. We need to understand how and who our children are communicating with to keep them safe online.

Ensure your child knows to talk to a trusted adult should they need to. However, remind them that it is not appropriate to contact teachers online, they should only use official school communication methods.

What are the risks?

- Bullying and inappropriate chat.
- Contact from strangers.
- Sharing personal information including images.
- Sextortion - this is a form of extortion where somebody threatens to share a nude/sexual image of you.

How can I mitigate the risks?

- Ensure your child is accessing age-appropriate apps/games and that appropriate parental controls are set up.
- Chat to your child about the risks so they are aware of what can happen online.
- Depending on the age of your child, it may be more appropriate for devices to be used in family rooms so you can monitor what they are doing.

Further information

- <https://www.ceopeducation.co.uk/parents/Concerned-about-your-child/Online-contact-and-staying-safe/>
- <https://www.brightcanary.io/what-to-do-when-your-child-sends-inappropriate-texts/>

Squid Game – rated 15+

Season 2 of Netflix's Squid Game is now available and has been **rated 15** by the British Board of Film Classification (BBFC). You can find out why Squid Game has been rated 15 by visiting the BBFC: <https://www.bbfc.co.uk/release/squid-game-q29sbvjdglvbjpw01mzm3nda>.

Due to its popularity, Squid Game related content can be found on numerous other platforms such as YouTube, TikTok and Roblox, so your child may come across this show without even viewing it on Netflix. Content may range from trailers of the show or content that other people create such as memes and games.

What can I do?

- **Parental Controls** - Set up appropriate parental controls on your broadband, devices and on individual apps to reduce access to content that is not appropriate for their age.
- **Talk** - Chat to your child about age ratings and why this means certain programmes are not suitable for them to watch.
- **Individual Profiles** - Set up child profiles on any streaming services to ensure your child is only viewing content appropriate to them.
- **Reporting** - Make sure your child knows how to report and block on all platforms that they use.
- **Explore** - Watch and explore things online together so you can see what your child is doing and how to support them.

More information:

It is important to talk to your child regularly about what they are watching and ensure that they know they should always tell you or another trusted adult if they do see anything upsetting. You can find out more about the type of inappropriate content your child might come across online here: <https://www.internetmatters.org/issues/inappropriate-content/learn-about-it/>

Should children have mobile phones?

The Children's Society explore this important question in their recent blog titled "Should children have mobile phones?" The article discusses concerns such as excessive screentime being linked with mental health issues as well as the benefits of a child friendly phone rather than a smart phone. You can read the full article here:

<https://www.childrensociety.org.uk/what-we-do/blogs/should-children-have-mobile-phones>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.02.25.

Snapchat

What is Snapchat?

Snapchat is a social media app used for messaging and sharing photos and videos. You must be **13+** to sign up. Users can send messages (snaps) to others that are only seen for a set time e.g., 10 seconds and users can also upload snaps to stories, which disappear after 24 hours.

Key Concerns

There are potential risks to using Snapchat, including:

- the risk of your child viewing content that is not appropriate for their age.
- location sharing (via Snap Map) (this can be switched off).
- cyberbullying.
- contact from strangers.
- excessive screen time.

Family Centre features

Snapchat's Family Centre is a set of parental controls and includes tools such as allowing you to:

- see who your child is friends with.
- see who your child has sent messages (not the contents of conversations though), photos or videos to in the last week.
- view a list of group members for groups that your child has been active in.
- restrict content to limit access.
- report any accounts that you are concerned about.

You can learn more about Family Centre here:

<https://parents.snapchat.com/parental-controls?lang=en-GB>

Safety tips

Please make sure the appropriate privacy settings are set up on Snapchat, including who can see their location and also ensure your child knows how to block and report other users if necessary:

- <https://help.snapchat.com/hc/en-gb/articles/7012343074580-How-to-change-my-privacy-settings-on-Snapchat>

More information

For more detailed advice and information:

- <https://www.childrensociety.org.uk/what-we-do/blogs/the-risks-snapchat-poses-to-children>
- <https://www.internetmatters.org/parental-controls/social-media/snapchat/>



Do you need help managing your child's device?

You can use Google Family Link or Apple Family Sharing to help you depending on your child's device.

Google Family Link

This is a free parental control app from Google that lets you:

- View activity reports showing how long they spend on each app.
- Approve or block new app downloads.
- Set screen time limits.
- Find their location.

You will need to download an app and then decide appropriate settings.

<https://families.google/familylink/>

Apple Family Sharing

You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions and purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

<https://www.apple.com/uk/family-sharing/>

Monitoring Apps (paid for)

In addition, there are apps that you can pay for that you may find provides a better solution for you. Whilst we cannot recommend/endorse a specific product, these are some examples that you could review and test using a free trial:

- Norton Family: <https://uk.norton.com/products/norton-family>
- Qustodio: <https://www.qustodio.com/en/>
- Family Time: <https://familytime.io/>

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Who's Who?

Leadership Team

Miss Clements Headteacher

Mr England Deputy Headteacher & SENDCo

Ms Sweeney Head of Deaf Resource Base

Mrs O'Hanlon Forest School and Mental Health Lead

Mrs Carson School Business Manager

Teachers

Mrs Davies Nursery

Mrs England Reception

Mrs Nugent Year 1

Mr Houghton Year 2

Mrs O'Hanlon/Mrs Cartwright Year 3

Miss Kerr Year 4

Mr Hall Year 5

Miss Hunter Year 6

Mrs Woods DRB 1

Mrs Rigg DRB 2

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Term Dates and Events

17th—21st February	HALF TERM
Monday 24th February	INSET DAY (school closed to pupils)
Monday 3rd March	Y5&Y6 trip to Imperial War Museum
Wednesday 5th March	Lydiate Learning Trust launch—after school event for families
Thursday 6th March	World Book Day
Friday 4th April	End of term

Term dates for this year and next year are available on the school website:

[School Term Dates and Inset Days – Knotty Ash Primary School](#)

PLEASE NOTE:

SUMMER TERM ENDS ON FRIDAY 18TH JULY.

Not Tuesday 22nd July as previously advised.

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Family Activities & Support

The latest edition of the Liverpool Parenting Newsletter is here.

www.allabout-family.co.uk/liverpool

You will find new information about local support available for families and children in Liverpool, along with information regarding events and activities on offer running from March to May 2023.

We have also been sent information about Family Learning and Engagement Courses run by LCC Adult Learning Service. This can be found on our school website, link here:

<https://knotty-ash-primary-school.secure-primariesite.net/family-information-and-support/>

For families in receipt of benefits related free school meals, there are a variety of activities over the Summer break, all of which are free and include a meal:

<https://merseyplay.com/summer-haf-holiday-activities-food-2023/>

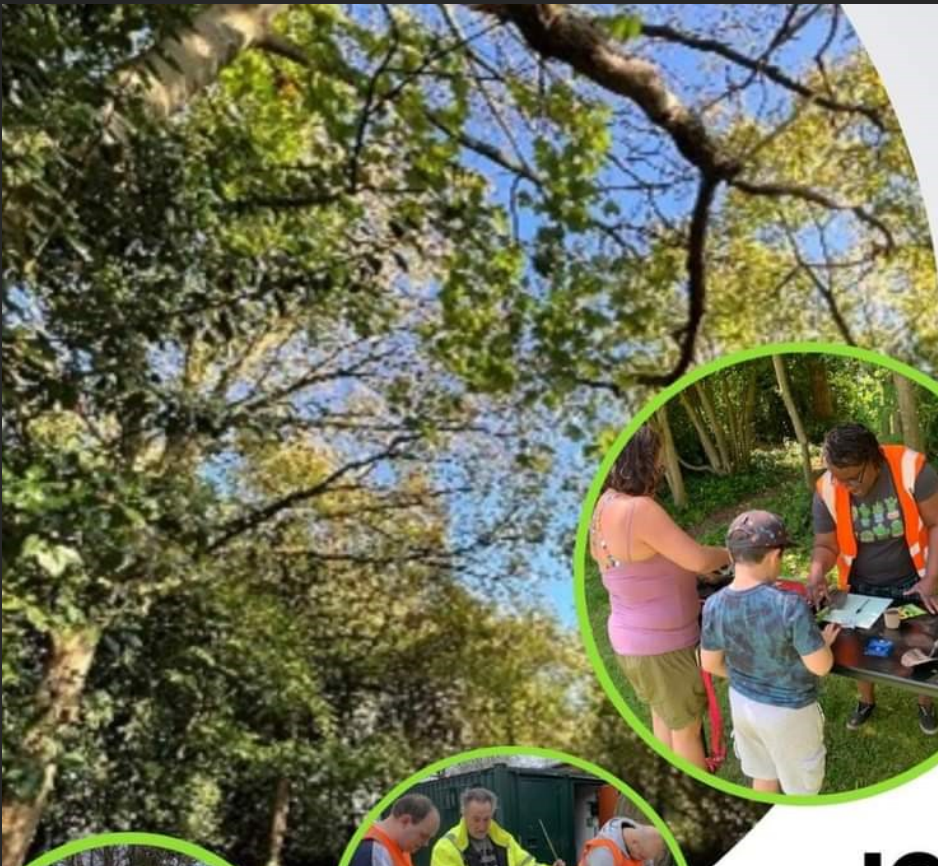
Locally, St John's Church offer a range of community groups and activities for families:

<https://www.stjohnsknottyash.org/our-community>

There's also a range of groups and activities available at Yew Tree Children's Centre for parents whose children are 0-5 years.

<https://liverpool.gov.uk/children-and-families/early-years-and-childcare/childrens-centres/yew-tree-childrens-centre/>

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JOIN OUR FRIENDS OF BRIGHT PARK VOLUNTEER COMMUNITY

Come and be a part of developing and maintaining the park and its programmes.


Get Involved With:


- Park Maintenance
- Educational Activities
- Event Organising
- Administration
- Holiday Clubs
- Fundraising


Come visit us at:
Bright Park,
81 Thomas Lane,
Knotty Ash, L14 5NS



REGISTER NOW

 0151 903 9488

 connect@brightpark.co.uk

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group



Fruit



Vegetables



Dairy



Wholegrains



Lean meat
& alternatives



A Healthy Lunch Box



MAKE WATER
YOUR DRINK



PACK ICE BRICKS
TO KEEP FOOD
COOL



USE A THERMOS
TO KEEP FOOD
WARM



This resource was developed and designed by SA Health Primary Services, Western Sydney Local Health District, with contributions by South Eastern Sydney Local Health District and Western Districts Local Health District.

[60 kids' lunchbox recipes | BBC Good Food](#)

[School packed lunch inspiration | BBC Good Food](#)

[Healthy packed lunches - British Nutrition Foundation](#)

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It can be tricky deciding whether or not to keep your child off school or nursery when they're unwell.

There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

Other illnesses Follow this advice for other illnesses:

Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature

If your child has a [high temperature](#), keep them off school until it goes away.

Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a [cold sore](#).

Encourage them not to touch the blister or to share things like cups and towels.

Conjunctivitis

You don't need to keep your child away from school if they have [conjunctivitis](#).

Get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school. Your child should try to stay at home and avoid contact with other people if they have [symptoms of COVID-19](#) and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

Ear infection

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

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Hand, foot and mouth disease

If your child has hand, foot and mouth disease but seems well enough, there's no need to keep them off school. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits

There's no need to keep your child off school if they have head lice but tie hair back. You can treat head lice and nits without seeing a GP.

Impetigo

If your child has impetigo, they'll need treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups .

Ringworm

If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious. But let the school or teacher know if you think your child has slapped cheek syndrome.

Sore throat

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of tonsillitis.

Threadworms

You don't need to keep your child off school if they have threadworms. Speak to your pharmacist, who can recommend a treatment.

Vomiting and diarrhoea

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).



<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

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