



Weekly Newsletter

FRIDAY 25th APRIL 2025

Loving Learning Together



Latest News

Dear Parents and Carers,

It's been lovely to see the children back in school again this week, and they have done themselves proud! All the teachers have been telling me how hard their classes have worked this week so the Easter break must have done everyone good! Special 'well-dones' go to Edosa, Caleb, Emma-Jayne, Arlo, Sophia, Amy and Vinny, who were selected to win Praise Cards for brilliant work. In assembly today, Miss Hunter read a piece of descriptive writing by Amy, which was so powerful it gave us goose-bumps!

Another special well-done goes to Mika, who won 3 medals in her out-of-school Karate over the Easter break. We're super-proud of her!



Treasure Island

We hope all the children enjoyed their treat on the first day back this week—a visiting theatre performance of Treasure Island! Y6 were lucky enough to get a Q&A session to, so they could learn what it's like to be an actor.



And on that note, please book tickets to see our Drama Club's very own show... Toy Story: The Musical on Wednesday 21st May 1:30pm and 6pm

<https://forms.gle/xUAtw7Lrc5YSsxLP8>

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There's an exciting event going on nearby as well, involving the artists who came into school last term to do 'Dreamkeeping' workshops with Y5 and Y6.

DOVECOT DREAMKEEPING SOCIETY PRESENT

DOVECOT DAY OF DREAMS

SATURDAY 03.05.25 2PM-6PM
DOVECOT PARADE L14 9PJ

**FREE COMMUNITY EVENT!
SUITABLE FOR ALL AGES
PERFORMANCES
STREET THEATRE
ART EXHIBITION**



TICKETS AVAILABLE ON [EVENTBRITE.COM](https://www.eventbrite.com) – SCAN QR CODE FOR MORE INFORMATION

Culture LIVERPOOL  **Funded by UK Government**  **LIVERPOOL CITY REGION**  **METROMAYOR LIVERPOOL CITY REGION**  **Liverpool City Council**

SATURDAY 3RD MAY 2025

Community performances from volunteers
at Deaf Active and The Drive

2:00 - 5:30pm

On Dovecot Parade (Dovecot Place)

Walkabout performances &

John Culshaw's Mural

Pop along any time, no booking required

3:30 - 5:30pm

Performance Trails from Dreamkeeping HQ

Hope Wellbeing Hub, 410 East Prescott Road

3:30 - 4:30pm - Performance Trail 1

4:30 - 5:30pm - Performance Trail 2

**Limited capacity so please book your
FREE ticket to secure your space**

Tickets available via
[Eventbrite.com](https://www.eventbrite.com) or Scan QR Code



Next week is forecast to be nice and sunny, so please remember to send in a water bottle with your child and a cap for playtimes. They might also need you apply some sun-cream before they come to school, just in case.

Finally, a reminder to please be respectful of our neighbours at drop-off and pick-up times. We've had a number of concerns recently about dangerous and inconsiderate parking.

Hope you all have a lovely weekend

Miss Clements x

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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.

Liverpool Zero Waste Community

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!

Liverpool Zero Waste Community

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!

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!

Zero Waste - Liverpool

7.2K likes • 11K followers

Like

Message

Posts About More

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What have we been learning?

Nursery



We were all happy to come back to nursery this week (well most of us were !!) and we've had a lovely week in the sunshine with lots of outdoor play .Welcome to our new children who've started nursery over the last few weeks , Pearl, Bella and Thomas. We have really enjoyed hunting for mini beasts and playing on the bikes and scooters.

We were excited to go in the hall on Tuesday to watch a drama production of Treasure Island . It was good fun.

We read " Here we are " by Oliver Jeffers and talked about Our planet we live on Planet Earth and how we can look after Planet Earth by recycling , saving water and growing things .

We made collages of Planet Earth . We planted some beans and we are going to watch them grow over the next few months.

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What have we been learning?

Reception



Reception have had a great first week at school. We have created new farm shop in our classroom which everyone is enjoying playing in!

In maths, the children have been grouping and sharing out fairly. Everyone has worked hard to share out different amounts of objects into different amounts of groups!

The children also completed lovely writing telling us what they got up to in the Easter holiday.

We also had time for some cakes this week and enjoyed listening to the story of the rainbow fish.

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What have we been learning?

Year 1



It has been a lovely first week back of the Summer term. The children have come back ready to learn and were so excited so share what they've done over their Easter holidays. The children had a lovely start to the week when a theatre company came in to perform Treasure Island. In English, we've focused on recapping key skills from last half term focusing on adjectives and remembering their capital letters, full stops and finger spaces. In Maths, the children have finished their unit on addition and subtraction within 20 this week. During our Geography lesson, the children have been learning about compass points and using them to locate objects. We read the story of lost and found and thought about if we were to go on a journey to the South Pole what would we need to bring with us to keep us safe? We've had a lovely first week back.

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What have we been learning?

Year 2

Sorry...photos next week



It was lovely to see the children returning to school on Tuesday after what was clearly a very enjoyable break. I was quite surprised that there were no smudges of chocolate on their trousers or cardigans! Actually, everyone looked immaculate and ready to get back to work. This term, our topics include plastic pollution - which includes how plastic is produced, used and disposed of; how plastic affects habitats such as oceans and beaches; animal life cycles and, in P.E., coordination and agility. We'll also be using Charanga to study musical pieces that have been inspired by friendship. Joe Cocker, The Beatles and Randy Newman have all been enlisted to help!

As you can imagine, there is a lot to be getting on with. I'm really looking forward to sharing some wonderful learning experiences with the children in our class. Have a great weekend.

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What have we been learning?

Year 4



Year 4 have had a busy but exciting start to the summer term! In English we have been editing and publishing our Stone Age stories into our showcase write books. In Maths, we have been working hard at understanding improper fractions and mixed numbers. For PE we were still in the Easter spirit and decided to have a go at an egg and spoon race, slow and steady wins the race! We had a lovely Friday afternoon discussing the significance of the Bible for Christians and we ended the week with a great game of chess!

Also a big shout out to our fabulous Mika who won three medals for her karate over the Easter break! What an achievement! We are so proud of you Mika!

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What have we been learning?

Year 5



This week, Year 5 have gotten stuck into a very active and exciting week. They began the week by exploring column multiplication and recapping on how to multiply a 4 digit number by a 1 digit number. In English, we began with a little bit of a editing and reflecting on the work we completed before the spring break. We then moved on to planning and writing a script with a partner. This was something the children engaged so well with and next week we will hopefully rehearse the scripts and green screen them! We also continued to develop our flag football skills for the competition which is next week! The class have been so enthusiastic when playing and learning about flag football. We then finished the week off with some chess and religion. Well done everyone. Also, a special well done to Sophia, Rose and Oliver Harris who produced unique and inspiring writing. It was so good they all won a variety of prizes! Good job!

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What have we been learning?

Year 6



Year 6 have had a crazy busy week getting straight back to working hard towards their SATs. We started the week off on Tuesday with a great performance of treasure island and year 6 were even lucky enough to take part in a behind the scenes theatre workshop after. We learnt all about the set, lightening and costumes and gave the actors a good grilling in a Q&A. In class, we have been doing lots of revision looking over topics in maths, spag and reading. In math, focusing on place value and answering so trickier reasoning questions. In English, we have really enjoyed writing narratives this week from the point of view if a WW2 soldier in a battle based on a veterans' story. They have created their own descriptive suspect narratives and blown us all away with their vocabulary and vivid imagery! I've been so impressed with year 6's attitude and am so excited for them to show off all there new learning!

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What have we been learning?

DRB 1



We've had a wonderful first week back after the Easter half-term – and what a treat it was! The children were thrilled to watch the M&M Theatre Productions' lively performance of Treasure Island. It was an exciting way to kick off the new term, and we all absolutely loved it! We also enjoyed sharing stories and photos from our Easter holidays. It was lovely to hear about the fun everyone had during the break.

In KS1 Language, we've started our new story A Place for Plastic, which follows the journey of a single-use plastic bag through the ocean. It's helping us learn about plastic pollution and how we can all make a difference.

In Maths, we've been learning how to measure using a ruler. A big focus has been on starting from zero – an important measuring rule we're now all confident with!

On Tuesday, we celebrated Earth Day by thinking about how we can help protect our planet. We took part in some mindful colouring activities that reminded us to recycle our rubbish and to save water by turning off the taps when we're not using them.

In EYFS, we've been exploring repeated colour patterns. We've also started the much-loved story The Tiger Who Came to Tea in Ann's BSL story lessons. The children were especially excited to meet our new class cuddly tiger teddy, who will be joining us in our lessons!

A brilliant week of learning and fun – we're excited for what's to come!

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What have we been learning?

DRB 2



What a wonderful start to the summer term! We began by celebrating Earth Day with this year's theme, Our Power, Our Planet. The children in Junior DRB made thoughtful pledges about how they can help care for and protect our planet. On Tuesday afternoon, we were treated to a fantastic theatre performance of Treasure Island—it was full of fun, laughter, and adventure!

Our new focus book is Little People, Big Dreams: David Attenborough. Ann has started introducing the story, and the children are already showing lots of interest in learning more about his life and work in the coming weeks.

In maths, we've moved on from 2-D to 3-D shapes, learning to name them and talk about their properties.

Some of our children have also been joining computing lessons in their mainstream classes. This week, they explored the question: "What is the Internet?" and developed a stronger understanding of this vital technology.

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Attendance



Class	Attendance
Reception	89.2%
Year 1	99.5%
Year 2	92.2%
Year 3	98.5%
Year 4	93.8%
Year 5	99.1%
Year 6	90.2%

Whole school attendance this week 94.6%

Class attendance winners Year 1 99.5%

Congratulations to Year 1 —AMAZING attendance!

Remember, every child should be in school every day,
unless they are too ill. For support, give us a call!

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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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ONLINE SAFETY NEWSLETTER

PROTECTING PRIVATE AND PERSONAL INFORMATION ONLINE

ISSUE 2

PROTECTING YOUR PERSONAL INFORMATION

In today's digital age, it is more important than ever that children are learning how to protect their personal information online. Remind children that before sharing their information, they should ask themselves the following:

- Do I know this person?
- Is the site secure? (Look for a  in the web browser)
- Am I sharing any private details? (Birthday, school, address)

By following this process, children build a routine that protects their personal information.



TOP ONLINE SAFETY TIPS FOR CHILDREN:

Help your child build smart online habits with these key tips:

- **Check privacy settings** – Only friends should see their posts.
- **Never share personal details** – No addresses, phone numbers, or school names.
- **Use strong passwords** – Mix letters, numbers, and symbols.
- **Only accept real friends** – Don't add strangers online.
- **Think before posting** – Photos and comments stay online forever.

APP SPOTLIGHT - INSTAGRAM



This week's app spotlight is **Instagram**.

Instagram is popular for sharing pictures and videos, but as a parent, it's important to know what to monitor if your child is using it. Without guidance, children could be exposed to harmful content, strangers, or pressure to post things they don't fully understand.

- Instagram requires users to be at least 13.
- Make sure your child's account is set to private.
- Regularly check who is following them; they should only connect with people they know.
- Keep up with what they are posting.

Scan the QR code to learn more:





Online Safety Newsletter

April 2025

Screentime

Screentime is classed as any time spent in front of a screen, so it includes everything from watching tv to completing homework on a laptop. Whilst there is no recommended screentime (except for under two, which is zero), it is important that we find a balance.

Screentime can obviously be beneficial, both for educational and entertainment purposes, however it is important to be aware of the risks, such as:

- Eye strain.
- Disrupted sleep.
- Less time for other activities and being outdoors.
- Affects our attention span.

Further information

Childnet discuss what is screentime and how much screen time is enough in this useful article:

<https://www.childnet.com/help-and-advice/screen-time-boundaries-parents/>



Social Media Concerns

Most social media apps have a minimum age rating of 13+. Whilst there are benefits, this article discusses some of the potential risks of using social media.



Risks of Social Media

- **Inappropriate content** – social media may expose children to content that is not appropriate for their age, including sexually explicit content or content that promotes harmful behaviours such as self-harm.
- **Cyberbullying** – this can take many forms, including sending nasty or hurtful messages, leaving unkind comments, sharing photographs of somebody else without their permission or impersonating somebody with a fake account.
- **Excessive Screentime/Addiction** – too much time online can affect mental health and disrupt sleep patterns.
- **Contact from strangers** – there is a risk of stranger contact, which can lead to an increased risk of grooming.
- **Challenges** - children may not have developed the skills and ability to critically analyse what they see online. Whilst some challenges are fun and provide no risk, there will be challenges online that are risky/dangerous.
- **Sharing too much information** – children may share personal information e.g. their phone number, school name or inappropriate photos of themselves.
- **Algorithms** – algorithms influence what we see on social media platforms to keep us engaged on the platform. This can lead to 'echo chambers' where users are only seeing content that relates to their opinion rather than seeing a balanced viewpoint. It can also lead to a user being exposed to large amounts of content about one topic/theme, which may not be helpful if it is negative.

How can I help make it a safer environment?

- Check the age rating of each app and restrict access until they reach that age.
- Set up age-appropriate parental controls, for example set content restrictions and screen time limits.
- Chat to your child about what they are doing online, including who they are following and interacting with online.
- Restrict devices in their bedrooms.
- Show your child how to use any reporting and blocking tools.

Further information

You can find out more from the following:

- <https://kidshealth.org/en/parents/social-media-smarts.html>
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/#Talkingaboutcyberbullying>

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Group Chats

Is your child part of any group chats? This could be on social media, for example on WhatsApp or within games such as Fortnite. If so, it is important that you are aware of the potential risks, which include:

- **Inappropriate content** – there is often a lack of moderation within chat facilities so users could be exposed to content/language that is not suitable for their age.
- **Bullying** – there are many instances where inappropriate/hurtful comments are shared within groups, this could take the form of name calling or body shaming. Bullying can also be in the form of excluding others from the group. These issues often overspill into 'real life'.
- **Strangers** – your child could be added to groups with people they do not know or even with someone that they have previously blocked.
- **Conversations can be shared/screen shot** – make sure your child is aware that anything they share within a group can be shared with others outside the group.
- **Sharing personal information** – remind your child to be aware of the information they share with others including images and location.



How can I help make group chats safer?

- Check the recommended age rating and adhere to them. If we all did this, peer pressure would be reduced.
- Set up age-appropriate parental controls and set screen time limits.
- Show your child how to use any reporting and blocking tools.

What else can I do?

- It is crucial to have regular conversations with your child about the risks outlined above and about what they are doing online.
- Talk about who they are chatting with, encourage them to think carefully about the messages they send and how they might be perceived by others. Talk about positivity and not saying anything hurtful. Ask them to think about whether they would say what they are messaging, face to face.
- Devices should be used in family rooms so you can monitor what they are doing and who they are interacting with.
- Finally, make sure to model good digital behaviour yourself, as children often learn by observing the adults around them.

Further information

Childnet have created a Group Chat Guide for parents following consultation with the Childnet Youth Advisory Board and Digital Champions: <https://www.childnet.com/resources/cheat-sheet-group-chats/>

Did you know some Emojis have a double meaning?

For those that have watched Adolescence, you will know children and young people may be using emojis to mean something completely different. For example, the kidney bean emoji may be used to identify as an incel. It is important that you are aware of how emojis can be used and keep up to date with the way in which they can be used as their meanings are changeable. You can find out further information here:

<https://www.bark.us/blog/emoji-slang-guide/>

Vodafone: The Rise of the Aggro-rithm

Vodafone released a short video last year, titled 'The Rise of the Aggro-rithm'. It highlights the harmful algorithms targeting young boys. It's certainly worth a watch as well as learning about the terrifying statistics accompanying it:

<https://www.vodafone.co.uk/newscentre/press-release/ai-aggro-rithms/>

3 things to consider before giving your child a smartphone

Wayne Denner has published a blog discussing the three things that parents wished they had considered before giving their child a phone. You can read the article here:

<https://www.waynedenner.com/3-things-parents-wish-they-had-considered-before-giving-their-teen-a-smartphone/>



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

Mrs Murphy Spanish & Interventions

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Term Dates and Events

Tuesday 22nd April	Start of term for all children
Monday 5th May	BANK HOLIDAY—school closed
12th—15th May	Year 6 SATS—end of KS2 tests
Monday 12th	Grammar, Punctuation & Spelling test
Tuesday 13th	Reading test
Wednesday 14th	Arithmetic and Maths Reasoning tests
Thursday 15th	Maths Reasoning test
Friday 16th May	Year 6 party
Wednesday 21st May	Toy Story: The Musical performances (daytime and evening)
26th-30th May	HALF TERM—school closed
Monday 2nd June	INSET DAY—school closed
23rd—27th June	Houses Week—lots of fun!
Friday 18th July	Term ends 1:30pm

Term dates (2024-25 & 2025-26) are available on the school website:

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

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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



Health

This resource was developed and designed by the Health Promotion Service, Western Sydney Local Health District, with contribution by South Eastern Sydney Local Health District and Western Downs Local Health District.

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

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

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

Loving Learning Together

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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