

**BE INFORMED
AND READ ME
PLEASE**

from the Office at St Michael's VA Junior School

What's happening week commencing
14th October 2019

Focus for the term - Respect

www.stmichaelsjuniorschool.co.uk



Monday	Tuesday	Wednesday	Thursday	Friday
Year 4 PE	★ Year 3 PE 3S Swimming ★	Year 5 PE		Year 6 PE
Please note ALL CLUBS run from Monday 9th September to Friday 18th October. ALL clubs finish at 4.15pm.				
After School Boys Football, Choir & Dance Year 3 & 4	After School Gymnastics	After School Dodgeball & Samba	After School Girls Football & Writing Club	After School Basketball & Dance Year 5 & 6

Dates for your diary

- Wednesday 16th Oct
- **Thursday 17th Oct**
- Thursday 17th Oct
- **Friday 18th Oct**
- Friday 18th Oct
- **Monday 28th Oct**
- Thursday 31st Oct
- **Friday 15th Nov**
- Wed 20th to Fri 22nd Nov
- **Mon 25th to Fri 29th Nov**
- Tuesday 10th Dec
- **Thursday 12th Dec**
- Friday 13th Dec
- **Friday 13th Dec**
- Tuesday 17th Dec

- Year 5 UEA trip
- Open morning 9.15am to 12pm**
- Lower School Night at the Movies
- Upper School Night at the Movies**
- School ends at 3.15pm for half term
- Return to School**
- Individual Pupil Photographs
- Children In Need**
- Book Fair in the Family Room
- Christmas Decoration Cafes** (more info to follow)
- Christmas Church Service Year 3 & 4 at 2pm
- Christmas Church Service Year 3 & 4 at 2pm**
- Christmas Jumper Day
- Christmas Dinner all year groups**
- Christmas Fair

ST MICHAEL'S VA JUNIOR SCHOOL

Come to our Open Morning
Thursday 17th October 2019
9.15-12.00


Astley Road, Bowthorpe. 01603 745812. www.stmichaelsjuniorschool.co.uk



Dinner Menu
Spring/Summer

Week Beginning
14/10/19
WEEK 2

See website for menu



NO ONE IS TOO SMALL TO MAKE A DIFFERENCE

SLOW DOWN.

Driving at 50mph uses 25% less fuel than 70mph.



Please can we remind you that **nail varnish** is **NOT** to be worn in school.


Thank you.



HEADLICE


Please may we remind parents to check their child's hair regularly for headlice and treat accordingly.

The number below can be phoned for advice.
Children and Young People's Health Services
0300 300 0123.



children's UNIVERSITY

If your child has a **Children's University Passport Book** and attends any of the school clubs after school (eg. Dodgeball, Dance, Football, Gymnastics etc) these hours **count towards their graduation**. So fill out the passport with date, hours and activity when they attend a club(s) and **bring in your Passports before half term to be stamped**.




DON'T FORGET TO USE YOUR CHILDREN'S PASSPORTS WHERE YOU SEE THIS LOGO



BOOK FAIR

Wednesday 20th to Friday 22nd November.



f St. Michael's V.A. Junior School on Facebook or @STMJuniorschool

t Our Twitter page can be found by searching @SJuniorschool

...continued

NIGHT AT THE MOVIES!



ALL children from St. Michael's Junior School are invited to a screening of **Toy Story 4**.

Lower School Thursday 17th October 3.15pm to 5.30pm

Upper School Friday 18th October 3.15pm to 5.30pm

Book your place and movie snack pack (pizza, crisps and drink) for **£3** by **Tuesday 15th October** via ParentPay soon.

Bring your PJs or onesies and pillow or cushion.



CONTACTING SCHOOL STAFF

If you need to email school staff please do so

through stmoffice@allangelsfederation.org.uk

Marked for the attention of who you wish to contact.

The office will forward to the relevant teacher.

DOGS

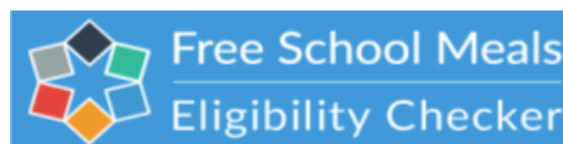
Dogs are **not allowed** on school premises whatever size they are.

This is a Norfolk County Council rule.
(except Guide Dogs)



DID YOU KNOW THERE IS MORE TO FREE SCHOOL MEALS THAN JUST A MEAL?

You can help obtain government funding to support your child's education.



The government gives additional funding to schools for those children who are entitled to free school meals, even if you your child doesn't want to have these meals.

You may not be aware that this government funding pays for our school's Pastoral Team, Thrive and other resources which all support your child's educational needs.

For all new accepted applications completed before the October half-term, we are offering to provide your child with a new school sweatshirt.

To find out whether your child qualifies for free school meals, visit www.norfolk.gov.uk\neo and fill in the details online.

If you qualify, please let us know, so we can check our records.

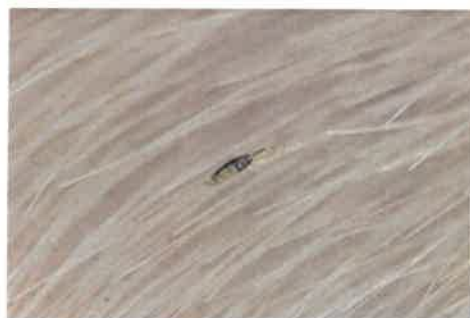
However, if you need help with this, please visit the school office.

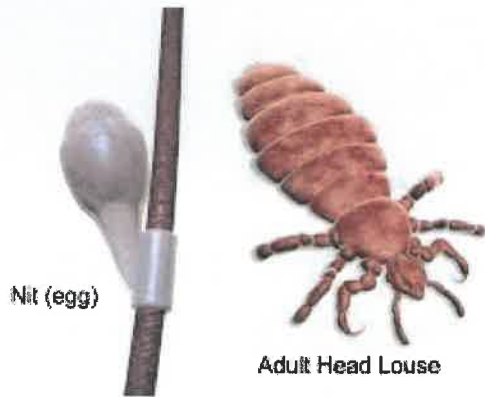
PLEASE NOTE ABOVE WEB LINK HAS CHANGED.



Head Lice and Nits - Advice from the NHS

Once a Week,
Take a Peek!





Nit (egg)

Adult Head Louse

Head lice and nits are very common in young children. They don't have anything to do with dirty hair and are usually picked up from head-to-head contact.

Check if it is head lice

Head lice are small insects, up to 3mm long. They can be difficult to spot.

Head lice eggs (nits) are yellow, brown or white (empty shells) and attached to the hair.



Shutterstock.com - 1028177315



How does it feel?

- Itchy!
- like something is moving in your hair

The only way to be sure someone has head lice is by finding live lice or eggs.

You can do this by combing the hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.



How to get rid of head

lice

You can treat head lice without seeing a GP.

Treat head lice as soon as you spot them. You should check everyone in the house and treat them on the same day if they have head lice.

There's no need to keep your child off school if they have head lice.

Use a fine toothed-comb

If you don't want to use chemicals, you can buy a special fine-toothed comb online or from pharmacies to remove head lice and nits.

There will be instructions on the pack but you should -

use the comb on wet or dry hair –although it usually works better on wet hair with conditioner.

Comb the whole head of hair from the roots to the ends.

Repeat every few days for 2 weeks

Use lotion or spray

You can use medicated lotions and sprays to kill head lice in all types of hair.

You can buy these from pharmacies, supermarkets or online.

Head lice should die within a day. Some treatments need to be repeated after a week to kill any newly hatched lice.

There is nothing you can do to prevent head lice. You can prevent head lice from spreading by avoiding head-to-head contact.

Don't use medicated lotions or spray to prevent head lice as this can irritate the scalp and skin.