



Shorefields Parent Newsletter

25th February 2021

<https://www.shorefields.essex.sch.uk>

Polite Notice, to ensure the safety of our staff, can you please ensure (where applicable) that you are wearing a face covering when dropping off & picking up the children, thank you.



Dates for the diary

Fri 26th March INSET day
Mon 29th March—Fri 9th April Easter Holiday

Free school meal vouchers are being provided for the week beginning 22 February and week beginning 1st March to all those in receipt of free school meals, this does not apply to those children in years R, 1 and 2 who have Universal Infant Free School Meals (with the exception of some families who we know about). The voucher amount available has been adjusted to take into account the number of days a child is in school the vouchers are being provided by Edenred.

For those children returning to school, we will be checking children's temperatures on arrival at school (as we did some months ago). Any child with a high temperature above 37.8 will be sent home/not allowed in.

Please can we ask that if your child has a cold/cough or any other illness/is unwell, that they are not sent in to school. If they are, they will be sent home and likely to be advised to self isolate for 10 days/take a Covid test.

If in any doubt, please phone the school first to speak with us - please do not come in.

SPLASH

SPLASH are running a beautiful mothers day hamper raffle. The hamper includes a beautiful hand made rose heart, a body shop oil burner with 2 oils, a large box of milk tray, a bottle of prosecco and a £15 just eat voucher to get you a lovely meal. Tickets are 50p each or a strip of 5 for £2. This will be drawn on Wednesday 10th March. All profits go to SPLASH.

Thank you all for your continued support

The SPLASH bonus ball lotto is back again, numbers are now available for every Wednesday draw in March. £5 a number, this will cover you for 5 weeks and gives you 5 chances of winning £30. Payments needed by the end of February and all profits go to SPLASH.

Good luck everyone.



Healthy Tips for this week

Go as natural and healthy as you can within the restrictions set by your child. Mix some natural Greek or organic probiotic yogurt into their usual flavoured yogurt, gradually increasing the amount of the good stuff over a period of weeks.



Please see below information we have received from the UK Sepsis trust.

Good Afternoon,

I am urgently contacting you on behalf of the UK Sepsis Trust to ask for your help to safeguard your staff and students from sepsis, which is a life threatening medical emergency, and can be triggered by COVID-19.

Sepsis is the immune system's overreaction to an infection or injury. Normally our immune system fights infection – but sometimes, for reasons we don't yet understand, it attacks our body's own organs and tissues. If not treated immediately, sepsis can result in organ failure, limb amputation and death. Yet with early diagnosis, it can be treated with antibiotics. It's not rare, and affects 245,000 people, killing 48,000 in the UK every year, which is more than breast, bowel and prostate cancers combined.

The symptoms in adults are:

Slurred speech or confusion

Extreme shivering or muscle pain

Passing little to no urine throughout the day

Severe breathlessness

It feels like you're going to die

Skin is mottled or discoloured

We understand this is a very difficult time for schools, and we want to support you in your hard work to protect your community. Sepsis can kill in under 24 hours, and can affect anyone, of any age, including those without existing health conditions. The Sepsis Trust is on a mission to end preventable death from sepsis. We do this by educating our communities on what to look out for, and encouraging everyone to 'Just Ask, Could It Be Sepsis?'

The UK Sepsis Trust are launching our new public awareness campaign **Sepsis Savvy**, which will empower organisations and their staff with the life-saving knowledge of the symptoms of sepsis. It will also enable organisations to be accredited as '**Sepsis Savvy**', meaning they are safeguarding their communities from the condition associated with 1 in 5 deaths worldwide.

As part of the initiative, UKST is providing **free online resources and downloadable materials to display**. Please get in touch with me, Francesca, via Francesca@sepsistrust.org for more information.

Francesca Luty

Volunteer Co-ordinator – UK Sepsis Trust



School Dinners – w/b 01/03/21 we will be on week 1 of the Reduced Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Pork meatballs in a rich tomato sauce served with penne pasta	All day breakfast, sausage, egg, bacon & hashbrown		Sausage roll served with seasoned wedges	Omega 3 fish fingers served with chips
Main Meal Option 2	Fishcake served with mash potato	Vegetarian sausage, egg, hashbrown & tomato	NO PUPILS	Macaroni cheese served with garlic bread	Beef burger served with chips
Vegetables	Cabbage & mixed vegetables	Baked beans & mushrooms		Broccoli & mixed vegetables	Baked beans
	Salad Bar	Salad Bar		Salad Bar	Salad Bar
Dessert/ Pudding	Marble cake & custard	Jelly & ice cream		Marble cake & custard	Artic roll or fruit smoothie