



## Community Wellbeing Newsletter

It has been lovely to welcome everyone back after half-term, we hope everyone enjoyed the break. As we head into the second half of the Autumn Term there has been much going on at Riversides. From Year 11 Careers fairs, to training with Purple Leaf and a visit from our local Member of Parliament Rt Hon Robin Walker during which our Pupil Parliament were exemplary.

The Students have done some incredible art work both before half term for Arts week and this week as part of our Remembrance display.

Today the school observed a minutes silence in remembrance of those who we have lost in service and for those who continue to make sacrifices whilst in service.



**Value of the Term—BE SAFE**

## Dates for the Diary

Friday 10th November—School Photo's and Remembrance Day at School

Monday 13th November to Friday 17th—November National Anti-Bullying Week

Friday 17th November—Children in Need (Get your bear costumes ready!)

Friday 24th November—Anti-Bullying Day

Friday 1st December—Diabetes Awareness Day (Wear it Blue)

Friday 15th December—School Fair

Friday 15th December—Christmas Jumper Day

**Christmas Holiday**

**End of Term Friday 22nd December at 12:00 RETURNING TO SCHOOL TUESDAY 9th January 2024.**



## House Update

Scores after 3 activities:

	<u>Rapids</u>	<u>Wolves</u>	<u>Warriors</u>
<u>Total Points</u>	110	87	95

## [Is my child too ill for school?](#)

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell. Below are the NHS guidelines for common illnesses.

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. [Is my child too ill for school? - NHS \(www.nhs.uk\)](#)

### **Coughs, colds and sore throat**

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/ Fever**

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 kiss anyone while they have the cold sore, or to share things like cups and towels.

### **Conjunctivitis**

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

### **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.

### **Hand, foot and mouth disease**

If your child has [hand, foot and mouth disease](#) but seems well enough to go to school, there's no need to keep them off.

### **Head lice and nits**

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

### **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.

### **Threadworms**

You don't need to keep your child off school if they have [threadworms](#).

### **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).

### **Measles**

Stay off nursery, school, or work for at least 4 days from when the rash first appears.

## Attendance

Currently whole school attendance is **80.9%**, which is a slight improvement since the last news letter. We are still striving to reach **96%**. As parents and carers you play an essential role in making this happen.

We understand children get ill from time to time, and may need to stay at home. We would urge you to follow the NHS guidance in this newsletter when considering if time off school is required. There are many ways we can support to minimise absences:

- We can give medication, there is no need to worry about this not being done at school.
- We can consider making adjustments if there is a particular activity or lesson that is causing you child not to want to attend.
- We can help with putting in parenting controls if gaming is causing issues or sleepless nights.
- If bedtimes are a problem talk to us, we can help provide advice.

We will work with you, be honest and let us take some of the pressure off parenthood.

- We can advise on how to put parental controls on devices at home and advise about setting clear boundaries.
- If bedtimes are a problem talk to us, we can help provide advice.

## Safeguarding—Mental Health

As winter draws closer and nights get darker, it can have an impact on our mood.

It is so important to look after our mental health and part of this is about looking after ourselves.

If we look after ourselves properly it can help us have the energy and resilience to look after those around us.

Look at the top tips of how to have a health relationship with yourself, which will help you in know how you can look after yourself.

Please call our Family Liaison Officer if you would like support.



**Top Tips**  
How to build healthy relationships with ourselves

- Take time for yourself
- Cheer yourself on
- Respect your needs
- Be honest with your feelings
- Check in with yourself
- Respect your body
- Challenge yourself

Scan to find out more



## Recipe of the Month

In celebration of World Vegan Day on November 1st and British Pudding Day on November 9th, the recipe of the month is a vegan alternative to a much loved rice pudding!

### Ingredients

100g pudding rice

1 tbsp [maple syrup](#)

½ tbsp [vanilla bean paste](#) or ½ vanilla pod, seeds scraped out (optional)

650ml unsweetened almond milk (or other dairy free milk) plus an extra splash to serve (optional)

### For the compote

2 ripe [pears](#), peeled, cored and chopped

250g frozen or fresh mixed berries

1 medium [orange](#), juiced, zest peeled into strips using a vegetable peeler



### METHOD:

Heat the oven to 150C/130C fan/gas 2. Rinse the rice in a sieve under cold running water for a few seconds, then tip into an 850ml baking dish. Mix in the maple syrup, vanilla, a strip of orange zest and almond milk. Cook, uncovered, on the middle shelf of the oven for 2 hrs until the rice is tender, most of the milk has been absorbed, and the mixture is creamy.

Meanwhile, put the pears, berries and orange juice in a small [pan](#) over a medium heat. Cook for 10-15 mins until the berries have broken down and reduced, and the pears are tender. Add a splash of water during cooking, if needed, to create a jammy compote. Leave to cool slightly. Add a splash more almond milk to the rice pudding if you prefer a looser consistency, then

## Sleep

Many of us know importance and benefits of a good night's sleep, however this can be a troublesome area for some. The Sleep Charity, incorporating The Sleep Council, provide advice and support to empower the nation to sleep better. They campaign to improve sleep support and access to high quality information, raise awareness of the value of a good night's sleep and promote understanding around the complexities of sleep.

**Sleep is essential for our health and wellbeing yet it is estimated that 40% of the population suffer with sleep issues and many do not get the support that they need.**

Please follow this link to access help and information to promote better sleep.

[National Sleep Helpline - The Sleep Charity](#)

A dark blue rectangular graphic with white and light blue text. At the top left is the logo for 'the national sleep helpline', featuring a stylized 'S' made of three blue dots and a white crescent moon. Below the logo, the text 'CALL US' is written in light blue. The phone number '03303 530 541' is displayed in large white font. Underneath the number are five white icons representing different moon phases: a solid circle, a half-circle, a crescent moon, a gibbous moon, and a full moon. Below these icons, the text 'SPEAK TO TRAINED SLEEP ADVISORS' is written in white. The availability schedule 'Available Monday/Tuesday/Thursday evening 7-9pm' and 'Monday/Wednesday morning 9-11am' is written in light blue. A small asterisked note '\*excluding Bank Holidays' is at the bottom. At the very bottom, a small white line of text reads: 'This is a confidential service. We would only need to share what you tell us if we are worried about you, someone else or there has been a crime.'

# WORCESTERSHIRE VIRTUAL FAMILY HUB



There is some fantastic support on line from Worcester children's First . They have developed the virtual family hub to give you a range of different types of resources to help to support you and your family.

## Parenting, Health, housing and relationships support.

Support and guidance resources. [Website Link](#)

## Professional Family Support

Find information about how Early Help Services can support your family. [Website Link](#)

## Early Help family Support

Information about how Early Help Services can support your family. [Website link](#)

## Ready Steady Worcestershire

Offers free holiday provision to children in receipt of free school meals and vulnerable families during school holidays. [Website Link](#)

## Harmony at Home

Reducing Parental Conflict in partnerships with organisations from our multi-agency reference group.

[Website link](#)

## Group and Activities for young people

Here you can find information on some groups and activities for young people living in Worcestershire.

[Website link](#)

## Family Health resources

Resources and information for supporting your family's health. [Website Link](#)

## Family Learning

Useful set of resources for the family.

[Website Link](#)

**Everyone needs a little support from time to time, there is no shame in asking. Being a parent is hard, more so when your child has special needs. You never know, the things you learn could also help your family and friends.**

## SENDIASS —SEND Information Advice and Support Service

Herefordshire and Worcestershire Special Educational Needs Disabilities (SEND) Information Advice and Support service (SENDIASS) provides impartial information advice and support on all matters relating to children and young people with SEND. This service is free, accessible, confidential, impartial and provided at arm's length from the Local Authority. SENDIASS aims to represent the views of parents, carers, children and young people to feedback to the Local Authority to help shape local policy and practice.

### SENDIASS offer the following workshops for parents and carers:

[Autism & Me \(Developed by Autistic Young People\)](#)

[Herefordshire and Worcestershire SENDIASS Online Information Session](#)

[What does a good Education Health & Care Plan \(EHCP\) look like?](#)

[What you need to know if your child has an additional need/disability](#)



Information, Advice  
and Support Service  
Herefordshire &  
Worcestershire

REAL LIFE CRIME:

# DO YOU REALLY KNOW WHAT YOUR CHILD IS DOING ONLINE?



Monday 27th November 2023



6:30pm to 7:30pm



Join via Microsoft Teams

Hear from Detective Chief Inspector, Tony Garner (West Mercia Police), who will share real life stories of how children, like yours, are coming to harm in the digital age.

You will be given an insight into the impact the online world has on a child's brain by Dr Burke, Forensic Psychologist.

During this conference, you will learn how you can prevent children from coming to harm from their exposure to the online world in three easy steps.

This event has been organised by Dean Salisbury (Vice Principal, Sutton Park Primary School) and Scott Crane (Safeguarding Lead).

Online grooming can start within 19 seconds as child sexual abuse images double

The mother of a teenager who took his life because of online bullying has urged others not to ignore the issue.

Online 'backdoor' lets child abusers in home, investigation finds

Online Child Pornography Skyrockets

Online roulette: the popular chat sites that are drawing in children and horrifying parents



[Click here](#) or scan the QR code to book your place

WORKING IN PARTNERSHIP



WEST MERCIA POLICE



WORCESTERSHIRE CHILDREN FIRST

