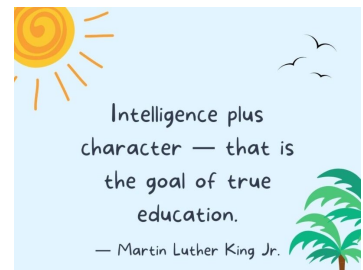


"A NEW SCHOOL YEAR MEANS NEW BEGINNINGS, NEW ADVENTURES... AND NEW CHALLENGES."



Community Wellbeing Newsletter



As always it has been wonderful to see everyone back and welcome some new students into the Riversides family. It has been a busy start to the year, with new reading challenges across the school, new clubs at golden time which are giving pupils lots of opportunity to try different things, a year 9 visit from a local author, visits to art exhibitions and a local engineering company. Not to mention raising a whopping £45.05 for Jeans for Genes day in September.

Last weekend our Primary 2 and 3 classes entered their scarecrows into the Churchfields Farm competition, although we were all rooting for them and many of our staff went to vote we weren't lucky enough to win this year. Well done to Hanbury School this year's winners!

Finally, as a school we would like to offer our sincere thanks to Smart Box, who have provided funding that allows our students to access tennis coaching at Malvern Tennis Academy. The Year 7 boys are really enjoying the opportunity to develop their skills!



Dates for the Diary

Monday 7th October—Harvest Festival St Georges Church
Thursday 10th October - Wear It Yellow, World Mental Health Day
14th—18th October—Recycling Week
21st—25th October—Arts Week
Friday 8th November — School Photographer
Monday 11th November—Remembrance Day
Friday 15th November—Children in Need
18th—24th November - National Parliament Week



Holiday Dates:

HALF TERM:

MONDAY 28th OCTOBER 2024 RETURNING TO SCHOOL TUESDAY 5th NOVEMBER 2023.

Operation Christmas Child



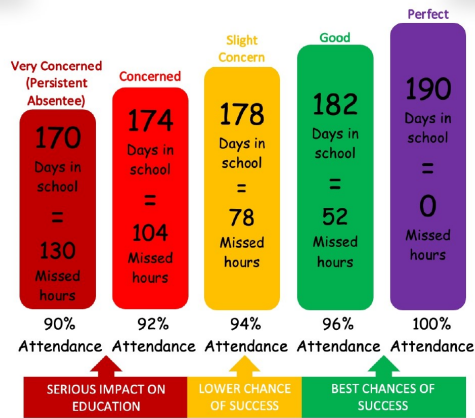
Each year the pupils and staff at Riversides support Operation Christmas Child. It is a hands on way for you to help children in need across the world by filling shoeboxes with toys, non-perishable personal care items, school supplies, and fun gifts.

Each class will aim to fill one shoe box with gifts for a child in need. The collection week is 11-18 November so please could we ask that we have any donations by the **11th November**.

Gift Idea's:

Dolls, cuddly toy, stationary (nothing sharp), yo-yo's, toy cars etc, fidget toys, socks, jewellery, sunglasses, hairbrushes, combs, toothbrushes and many more. Please DO NOT include toiletries or food items.

Attendance



Our whole school attendance for this year is currently **79.9%**, which is slightly down on this time last year which was 80.1%.

Our aim as a school is to have an overall attendance of 96%. As parents and carers you play an essential role in making this happen. Please support your child to make this possible.

We realise there are times when your child will not be able to attend, for example when they are unwell (see [guidance](#) at the end of the newsletter). Should they be too unwell for school **please remember to report the absence on every day that they cannot attend or answer the phone if we call.**

The law makes clear it is the responsibility of parents to get their children to school on time each day.

However, if you are having problems getting your child to come to school please speak to us, we will work with you and offer support wherever we can.

Did you know?

When children attend school they:

- Can achieve their full potential
- Have better career prospects
- Learn how to look after themselves
- Learn how to be healthy
- Grow in confidence
- Keep up with work and homework
- Make new friends

A two-week holiday in term-time means the **highest** attendance your child can get is **94.7%**. This is 65 hours of missed school time.

Recipe of the Month

Sausage, chicken and squash traybake is an easy way to make the most of some seasonal veg this month. It is also a lovely one to do with the kids.

Preparation time: Under 30 mins

Cooking Time: 30-60 mins

Serves 4

Ingredients:

4 [chicken thighs](#), skin on, bone in
4-6 meaty [pork sausages](#)
500g/1lb 2oz [pumpkin](#) or squash, cut into wedges
2 red [onions](#), cut into wedges
few sprigs [thyme](#), or 1 tsp dried [thyme](#)
2 tbsp [olive oil](#)
50ml/2fl oz [red wine](#)
1 tbsp [maple syrup](#)
1 tsp [red wine vinegar](#)
½ tsp [chilli flakes](#) (optional)
200g/7oz [chestnut mushrooms](#), halved
salt and freshly ground [black pepper](#)
fresh parsley, roughly chopped, to serve (optional)



Method:

Preheat the oven to 220C/200C Fan/Gas 7.

Arrange the chicken thighs (skin-side up), sausages, pumpkin and red onions in a roasting tin and season with salt and pepper. Sprinkle over the thyme and drizzle over 1 tablespoon of the oil.

Mix the red wine with 100ml/3½fl oz of water and pour this in. Roast for 30 minutes. Turn the sausages over halfway through cooking to help them brown.

Mix the maple syrup with the red wine vinegar and then drizzle it over the roasting tin. Sprinkle over the chilli flakes, if using. Add the mushrooms and drizzle with another tablespoon of oil.

Roast for a further 25-30 minutes, or until cooked through and well browned. Serve with any pan juices spooned

HALLOWEEN SAFETY TIPS



Have children wear **REFLECTIVE MARKINGS** or carry a **FLASHLIGHT** so they can be seen.

Always **CHECK CANDY** before letting your child eat it. Avoid homemade treats made by strangers.



Always **ACCOMPANY YOUR YOUNG CHILDREN** when they are trick or treating.

Make sure your children's costumes are properly sized to **AVOID FALLS AND TRIPPING.**



Use **NON-TOXIC MAKE-UP** on your child instead of a mask so vision is not limited.

Keep kids on a sidewalk or path and don't let them dash across the street or to the next house. Always **WALK TOGETHER** and cross at a street corner or walk signal.



VISIT OUR WEBSITE FOR CONTACT DETAILS IF YOU HAVE SAFEGUARDING CONCERNS.

[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.