

# Weston Mill Community Primary Academy

Friday 17th January 2025

## This week:

Attendance

Celebrating Success

Our Learning

Important Dates

Vacancy

Email Addresses to Remember

Lunch Menu

Family Support Team

Head Lice

Nasal Flu Vaccination

## Headteacher's update

Dear Parents and Carers,

After a busy week it already feels like we have been back at school for far longer than just two weeks.

We would like to congratulate all those year five children who have been conquering fears, showing steely determination and demonstrating great progress, as the second week of their swimming course draws to a close. Keep it up: one more week to go.

The children from EYFS had a truly "out of this world" experience when they welcomed Blast from the Past – spending their day with the infamous Neil Armstrong. Make sure you head to social media to see some of the photos from the day.

We would like to take the opportunity to thank all of you who gave permission to take part in the national weights and measures data gathering session, which visited school this week. As with many of the national statistics which are gathered, the greater the size of the data sample, the more useful the information is.

Next week sees the return of Parent Forum: Thursday morning 09:00. As ever, you are all invited to air views, discuss issues and contribute to the development of the school. We hope to see you there.

We offer some encouragement to those brave and able mathematicians from Year 3 and Y4 who are off to join children from Oakwood and Beechwood at Bishop Cornish school in Saltash. The Aim High mathematics development day always promises an equal mix of challenge and satisfaction! Be amazing! The visit will take place on Monday and an update from the attendees will feature here next week.

Thank you all for your ongoing support. We hope you have a wonderful weekend.

Best wishes,

Weston Mill Team

# Attendance

We are continuing to strive for our attendance target of 96% and are making some progress to achieving this and ensuring our children regularly attend school to achieve success. If your child's attendance is less than 90%, you will be asked to attend an attendance meeting with Mrs Gleed. It is important that these meetings are attended to ensure that we are providing the right support for your child to continue to attend school regularly. Our attendance policy can be accessed using the following link:

[Weston Mill Community Primary Academy - Policies](#)

A gentle reminder to parents that contact **must** be made with school on your child's first day of absence and each day until they return to school. If you do not provide a reason for your child's absence, this will be recorded as an unauthorised absence and could result in a penalty notice being issued by Plymouth City Council. Arriving late for school after 9.10am will also be recorded as an unauthorised absence.

## Weekly attendance for 13th January to 17th January

The UK Government expectation is **96%**. We are striving for children to achieve this as there is a direct link between attendance and achievement .

This week, our whole school attendance is **91.8%**

This week's winners are : **DUN Class** and **MOZART** Class.

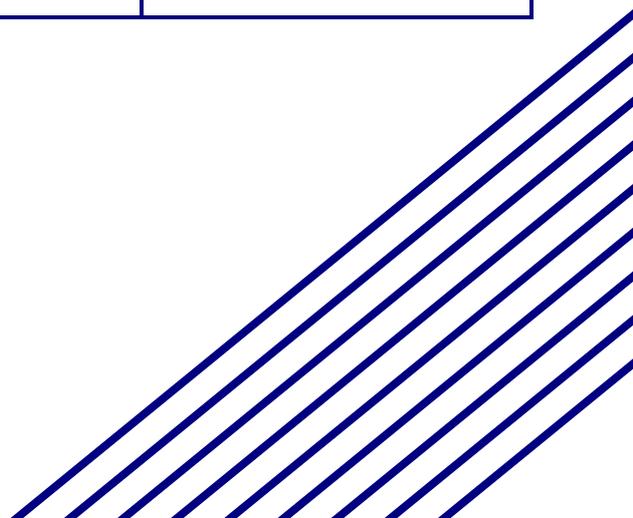
MOZART	93.0%
PRICE	91.5%
ZIMMER	90.0%



BRITTEN	84.4%
DUN	93.5%
HOLST	92.0%
TCHAIKOVSKY	93.1%

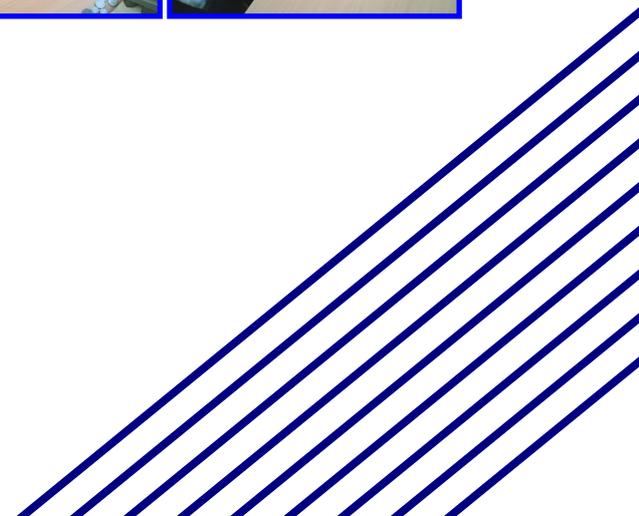
# Celebrating Success

<b>Year</b>	<b>Value awards</b>	<b>Star Learners</b>
<b>Nursery</b>	<b>Ivy</b>	<b>Roman</b>
<b>Reception</b>	<b>Harry</b>	<b>Areya</b>
<b>Year 1</b>	<b>Albie</b>	<b>Agney</b>
<b>Year 2</b>	<b>Ethan</b>	<b>Freddy</b>
<b>Year 3</b>	<b>Yasmina</b>	<b>Lettie</b>
<b>Year 4</b>	<b>Bella</b>	<b>Cruiz</b>
<b>Year 5</b>	<b>Elsie</b>	<b>Mahima</b>
<b>Year 6</b>	<b>Lexi</b>	<b>Bobby</b>



# Our Learning

As part of our Money topic in Maths this week, we have learned that £1 is the same as 100p. The children in Year 2 have been practising making a pound with coins and then writing the number sentences to prove it. Well done Zimmer class!



# School Uniform

Please ensure that your child comes to school each day wearing the correct school uniform. If you require additional items of school uniform, please speak to Mrs Lavers who will be more than happy to help from our spare uniform.

here's a 10% discount code for your parents to save money on uniform from [MyClothing](#).

Code = **UNIFORM10%**

Expires = 31/03/2025

## Compulsory Uniform Items

Navy school jumper or cardigan (with or without the school logo)



White or blue polo shirt (with or without the school logo)



Trousers or shorts, or skirt (mid grey)



# School Uniform

Update Below!

Parents are reminded that their child should wear the correct PE uniform to school on their PE days. We ask that children wear their school jumper/cardigan as part of their PE kit only. **Hoodies are no longer permitted.** We appreciate your continued support and invite parents to speak with Mrs Lavers if they require any support for any items of uniform.

## PE Kit

White polo shirt or t-shirt  
(with or without logo)



Black shorts



Navy/Black jogging bottoms



# Important Dates

## Class Assembly Dates

**Year 4 Friday 31st January 2025 @ 9.15**

**Year 3 Friday 14th February 2025 @ 9.15**

**Year 2 Friday 21st March 2025 @ 9.15**

**Year 1 Friday 4th April 2025 @ 9.15**

**Year EYFS Friday 23rd May 2025 @ 9.15**



# Important Dates

## Dates for your Diary

For all events and any changes click below:

[Weston Mill Community Primary Academy - Calendar](#)



# Important Dates

## PARENT FORUM MEETING

Come along to our next Parent Forum meeting to share your ideas and thoughts and help shape the future of our school.

Everyone is welcome—your voice matters!

**WEDNESDAY  
22ND JANUARY  
AT 9AM**



# Important Dates

Join us for the next PTFA Meeting on Friday, 31st January, at 9:00 AM in the library.

It is a great opportunity to get involved, share ideas and support our school community. Whether you're a regular attendee or new to the PTFA, everyone is welcome. We will be thinking about events we can plan for this term up until Easter. We look forward to seeing you there!

**WM PTFA**

## WE NEED YOU!

**CALLING ALL VOLUNTEERS!  
WE NEED YOUR HELP!**

We would love to expand our PTFA. Please let us know if you'd like to join and have an input in raising funds for our children. **All welcome!**

**ALL HELPING A LITTLE...  
TO ACHIEVE A LOT!**

**Friday 31st January  
at 9am**

THIS YEAR, WE ARE RAISING FUNDS TO...  
ADD SOME ANIMALS TO OUR OUTDOOR SPACE!

Weston Mill  
Community Primary Academy

# Important Dates

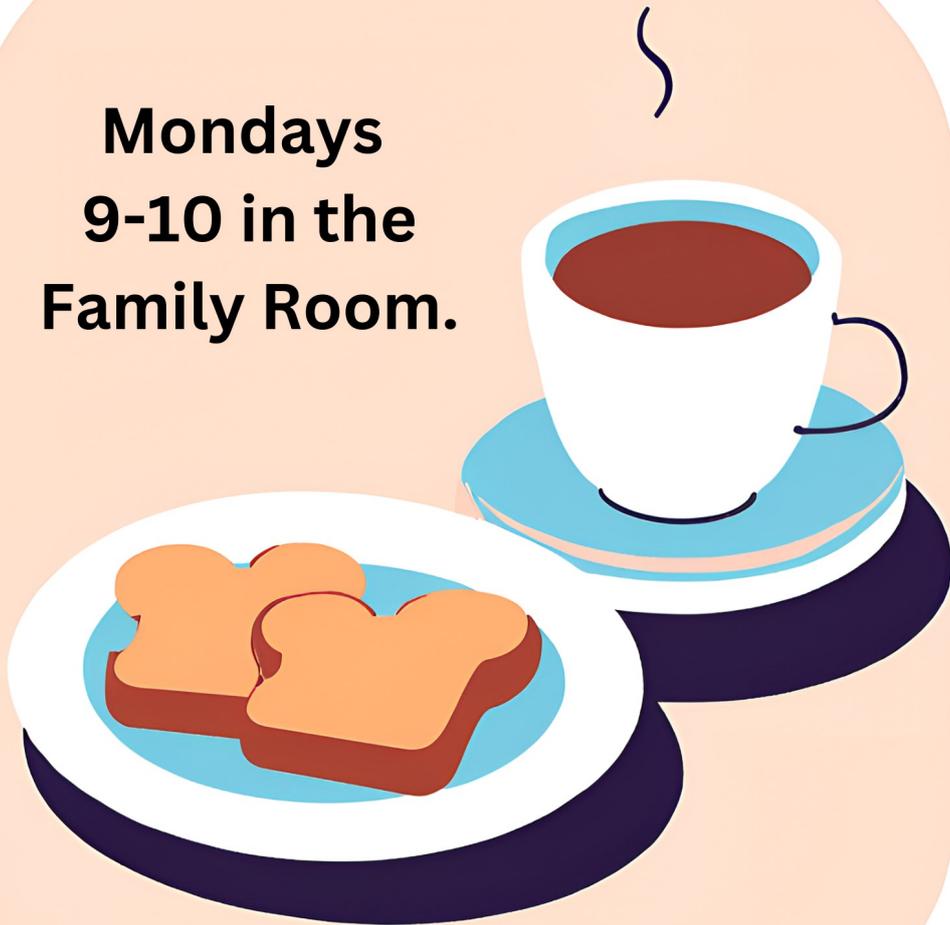
Mozart Class parents are invited to share a story with your child on Thursday 30th January at 2.30pm with Mrs Zoe Lavers.



# Important Dates

## Tea, Toast and Talk

**Mondays  
9-10 in the  
Family Room.**



**just pop in for a quick chat and  
a cuppa**

# Vacancy

**DISCOVERY**  
Multi Academy Trust

## **PERMANENT VACANCY**

### **CLEANER X2**

**Grade A Point 2**

**12.5 hours per week**

**Oakwood Primary Academy**

We currently have a cleaner vacancy available based at Oakwood Primary Academy.

If you are interested in this opportunity, please complete an application form which can be found via the Discovery MAT/Oakwood Primary Academy websites

**Closing Date: Friday 31<sup>st</sup> January 2025 at 9am.**

**Interview Date: W/C 10<sup>th</sup> February 2025**

Discovery Multi Academy Trust is committed to safeguarding and promoting the welfare of children and we expect all staff to share this commitment. This post is exempt from the Rehabilitation of Offenders Act 1974; pre-employment checks will be carried out, references and online checks will be sought for all shortlisted candidates and all shortlisted candidates will be requested to complete a questionnaire about any convictions or adult cautions that are unspent. Guidance will be given to those shortlisted

# Vacancy

**Discovery Multi Academy Trust** – initially to be worked at Beechwood Primary Academy however, under the terms of the contract you may be deployed to work at any of the schools that form the Discovery Multi Academy Trust.

**Permanent Site Supervisor**

**Grade D Point 8 £24,587 FTE salary**

**35 hours per week**

**All Year Round**

We are looking to appoint an experienced and skilled site supervisor to join our friendly and effective premises team.

This includes carrying out daily inspections to identify damage and/or vandalism and to report findings to the Facilities Manager to help maintain the internal and external fabric of the school premises as a safe working and learning environment. The post holder will be required to assist with the maintenance of the premises, machinery and plant equipment.

You will need to:

- Be pleasant, patient and have a helpful personality.
- Have an ability to communicate with a range of people.
- Work on your own initiative and as part of a team.
- Be reliable and trustworthy.
- Have a flexible approach to working arrangements.
- Be willing to undertake training as appropriate.

Previous school experience would be advantageous but not essential.

For an application pack and to apply please visit our website –

[www.discoverymat.co.uk](http://www.discoverymat.co.uk)

Closing date: Tuesday 31<sup>st</sup> January 2025 at 9am

Interviews: W/C 10<sup>th</sup> February 2025

**Discovery Multi Academy Trust is committed to safeguarding and promoting the welfare of children and we expect all staff to share this commitment. This post is exempt from the Rehabilitation of Offenders Act 1974; pre-employment checks will be carried out, references and online checks will be sought for all shortlisted candidates and all shortlisted candidates will be requested to complete a questionnaire about any convictions or adult cautions that are unspent. Guidance will be given to those shortlisted**

# Email Addresses to Remember

## Email Addresses to Remember

Nursery	<a href="mailto:j.bulley@discoverymat.co.uk">j.bulley@discoverymat.co.uk</a>
Reception	<a href="mailto:n.gray@discoverymat.co.uk">n.gray@discoverymat.co.uk</a>
Year 1	<a href="mailto:j.gooding@discoverymat.co.uk">j.gooding@discoverymat.co.uk</a>
Year 1	<a href="mailto:l.field@discoverymat.co.uk">l.field@discoverymat.co.uk</a>
Year 2	<a href="mailto:k.kombostiotis@discoverymat.co.uk">k.kombostiotis@discoverymat.co.uk</a>
Year 3	<a href="mailto:j.tumilty@discoverymat.co.uk">j.tumilty@discoverymat.co.uk</a>
Year 4	<a href="mailto:j.butson@discoverymat.co.uk">j.butson@discoverymat.co.uk</a>
Year 4	<a href="mailto:s.mann@discoverymat.co.uk">s.mann@discoverymat.co.uk</a>
Year 5	<a href="mailto:a.hewlett@discoverymat.co.uk">a.hewlett@discoverymat.co.uk</a>
Year 6	<a href="mailto:l.wallace@discoverymat.co.uk">l.wallace@discoverymat.co.uk</a>

# Family Support Team

			
<b>Mr Steve Mann</b> Assistant Head of School Deputy Designated Lead for Safeguarding Safeguarding Behaviour Attendance Family Support	<b>Mrs Zoe Lavers</b> Family Support worker First Contact to Signpost Parents Foodbank Courses for parents/Carers Services Families Community Support School Life Parents Questions & Answers Local Issues Coffee mornings Under 5 Group	<b>Mrs Becca Gleed</b> Head of School Designated Lead for Safeguarding Education and Curriculum PTFA Contact Family Support	<b>Mrs Laura Harris</b> INCO SEND Support SEND and Behaviour Support for Parents School Nurse Referrals DLA Applications GP Letters

# Lunch Menu

Please note week 3 Friday will be fishfingers instead of fishcakes.

Hot paninis will be available Mondays, Wednesdays and Fridays.

Cheese or Ham.



# Lunch Menu



## WEEK 1

W/C - MONDAY: 4TH NOV, 25TH NOV, 16TH DEC, 13TH JAN, 3RD FEB, 3RD MAR, 24TH MAR

### WINTER WARMER HOT PANINI OR PASTA

Choose from Ham & Tomato or Cheese & Tomato, served with tortilla chips and vegetables. Or a Homemade tomato sauce with pasta.

MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CHOICE 1 - H, W, V</b> Margherita pizza with potato wedges</p> <p><b>Allergens:</b> (Glu), (Wh), (So), (Mi), m/c (E)</p>	<p><b>CHOICE 2 - H, W</b> Chicken curry with rice</p> <p><b>Allergens:</b> (Su)</p>	<p> All day breakfast - choose from meat or climate friendly option</p>	<p><b>CHOICE 1 - H</b> Roast chicken, Yorkshire pudding, gravy and roast potatoes</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (E)</p>	<p><b>CHOICE 1 - H</b> Homemade breaded haddock fillet served with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh), (E), (Mi)</p>
<p> <b>CHOICE 2 - H, W, V, VE</b> Katerveg meatballs served with homemade tomato sauce &amp; pasta</p> <p><b>Allergens:</b> (Glu), (Wh), (So)</p>	<p> <b>CHOICE 2 - H, V, VE</b> Chickpea &amp; sweetcorn burger served in a bun with potato wedges</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (So)</p>	<p><b>Meat Option Allergens:</b> (Glu), (Wh), (E), (Mi)</p> <p><b>Climate Friendly Allergens:</b> (Glu), (Wh)</p>	<p><b>CHOICE 2 - H, V</b> Golden pastry topped vegetable pie, gravy &amp; roast potato</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (Ce)</p>	<p><b>CHOICE 3 - H, V</b> Tangy cheese, quinoa &amp; vegetable muffin served with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh), (E), (Mi)</p>
<b>SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW</b>				
<p> <b>DESSERT - V, VE</b> Fruit Salad</p>	<p><b>DESSERT - H, W, V</b> Butternut and date cake</p> <p><b>Allergens:</b> (Wh), (E)</p>	<p> <b>DESSERT - H, V, VE</b> Cornish fairing biscuits and fruit slices</p> <p><b>Allergens:</b> (Glu), (Mi), (E)</p>	<p> <b>DESSERT - H, V, VE</b> Fruit platter or Yoghurt</p> <p><b>Allergens:</b> (Su), (Mi)</p>	<p> <b>DESSERT - H, W, V, VE</b> Fruity cornflake tart with custard</p> <p><b>Allergens:</b> (Wh), (Bar)</p>

**AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT** 

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN, W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DISH, V = VEGETARIAN

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), Soya (So), Sesame (Se), Peanut (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (Ni), Egg (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), m/c May Contain

 = Climate Friendly

**DID YOU KNOW**  
You can have mixed or brown rice instead of potatoes!



# Lunch Menu



## WEEK 2

### WINTER WARMER HOT PANINI OR PASTA

Choose from Ham & Tomato or Cheese & Tomato, served with tortilla chips and vegetables. Or a Homemade tomato sauce with pasta.

W/C - MONDAY: 11TH NOV, 2ND DEC, 30TH DEC, 20TH JAN, 17TH FEB, 10TH MAR, 31ST MAR

MONDAY	MEAT FREE TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1 - H, W</b> Baked bean and sausage pasta bake Allergens: (Glu), (Wh)	<b>CHOICE 1 - H, V, VE</b> Katerveg mince chilli and rice Allergens: (So)	<b>CHOICE 1 - H</b> Chicken chow mein Allergens: (Glu), (Wh), (Se), (So)	<b>CHOICE 1 - H</b> Roast beef, Yorkshire pudding, gravy and roast potatoes Allergens: (Glu), (Wh), (Mi), (E)	<b>CHOICE 1</b> Fish fingers served with fresh chips Allergens: (Glu), (Wh), (F)
<b>CHOICE 2 - V, VE</b> Quorn dippers with seasoned potato wedges Allergens: (Glu), (Wh)	<b>CHOICE 2 - H, V</b> Tasty cheese wheels with herby diced potato Allergens: (Glu), (Wh), (Mi), (Mu)	<b>CHOICE 2 - H, V, VE</b> Vegetable sausage, mash and gravy Allergens: (Glu), (Wh), (Ce)	<b>CHOICE 2 - H, V, VE</b> Roast Quorn fillet, gravy and roast potatoes Allergens: (Glu), (Wh), (Bar)	<b>CHOICE 2 - H, W, V</b> Homemade cheese and tomato quiche served with fresh chips Allergens: (Glu), (Wh), (E), (Mi)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
<b>DESSERT - V, VE</b> Fruit Salad	<b>DESSERT - H, V, VE</b> Fruity flapjack Allergens: (Glu), (O) m/c (Wh), (Bar)	<b>DESSERT - H, W, V</b> Westcountry root cake Allergens: (Glu), (Wh), (E) m/c (Mi), (Bar)	<b>DESSERT - H, V, VE</b> Fruit Platter Allergens: (Glu), (O), M/C: (Wh), (Bar)	<b>DESSERT - H, V</b> Zesty cake with custard Allergens: (Glu), (Wh), (E), (Su), (Mi) m/c (Bar)

AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN, W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DSH, V = VEGETARIAN.

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), Soya (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (M), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), m/c: May Contain

= Climate Friendly

**DID YOU KNOW?**  
 You can have mixed or brown rice instead of potatoes!  
 Tilda



# Lunch Menu



## WEEK 3

### WINTER WARMER HOT PANINI OR PASTA

Choose from Ham & Tomato or Cheese & Tomato, served with tortilla chips and vegetables. Or @ Homemade tomato sauce with pasta.

W/C - MONDAY: 18TH NOV, 9TH DEC, 6TH JAN, 27TH JAN, 24TH FEB 17TH MAR

MONDAY	TUESDAY	MEAT FREE WEDNESDAY	THURSDAY	FRIDAY
<p><b>CHOICE 1 - H, W</b></p> <p>Beef cobbler served with mash and gravy</p> <p><b>Allergens:</b> (Glu), (Wh) m/c (Mi), (Bar)</p>	<p><b>CHOICE 1 - H</b></p> <p>Chicken paella</p>	<p><b>CHOICE 1 - H, V, VE</b></p> <p>Tasty Katereveg bolognaise with garlic bread &amp; pasta</p> <p><b>Allergens:</b> (Glu), (Wh), (So) m/c (Se)</p>	<p><b>CHOICE 1 - H</b></p> <p>Roast gammon loin, Yorkshire Pudding, gravy &amp; roast potatoes</p> <p><b>Allergens:</b> (Glu), (Wh), (E)</p>	<p><b>CHOICE 1 - H</b></p> <p>Homemade fish cakes served with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh), (F), (E)</p>
<p><b>CHOICE 2 - H, V</b></p> <p>Crispy samosa with rice</p> <p><b>Allergens:</b> (Glu), (Wh), (E)</p>	<p><b>CHOICE 2 - V, VE</b></p> <p>Quorn nuggets with diced potato</p> <p><b>Allergens:</b> (Glu), (Wh)</p>	<p><b>CHOICE 1 - H, V</b></p> <p>Creamy macaroni cheese with garlic bread</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (Mu) m/c (Se)</p>	<p><b>CHOICE 2 - H, V, VE</b></p> <p>Golden crisp topped shepherds pie, gravy &amp; roast potatoes</p> <p><b>Allergens:</b> m/c (Glu), (Wh), (Bar)</p>	<p><b>CHOICE 2 - V, VE</b></p> <p>Quorn fingers served with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh)</p>
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
<p><b>DESSERT - V VE</b></p> <p>Fruit salad</p>	<p><b>DESSERT - H, V</b></p> <p>Orange honey cake</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (E)</p>	<p><b>DESSERT - H, V, VE</b></p> <p>Custard biscuits with fruit slices</p> <p><b>Allergens:</b> (Glu), (Wh)</p>	<p><b>DESSERT - H, V, VE</b></p> <p>Fruit Platter</p> <p><b>Allergens:</b> (So)</p>	<p><b>DESSERT - H, W, V, VE</b></p> <p>Chocolate cake with chocolate sauce</p> <p><b>Allergens:</b> (Glu), (Wh), (E), (Mi) m/c (Bar)</p>

AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN. W = WHOLE WHEAT INGREDIENTS. VE = VEGAN DISH. V = VEGETARIAN.

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wh), Dairy (D), Egg (E), Soy (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L) m/c: May Contain

Climate Friendly

**DID YOU KNOW**  
You can have mixed or brown rice instead of potatoes!  
Tilda



# Lunch Menu

## ED'S SPECIAL EVENTS



### **NOVEMBER** **BONFIRE NIGHT** (TUESDAY 5TH NOVEMBER)

Hotdogs with seasoned wedges, Warming chilli and rice, Jacket potatoes with bonfire beans and cheese, Toffee apple cake and custard



### **DECEMBER** **CHRISTMAS LUNCH** (SEE YOUR SCHOOL FOR DATE)

See your schools poster for the full Christmas menu and date



### **JANUARY** **SIX NATIONS** (FRIDAY 31ST JANUARY)

Fish fillet and chips or pasta, Cheese and leek plait, served with French green beans and carrots, Melting moments



### **FEBRUARY** **TEDDY BEAR DAY** (MONDAY 10TH FEBRUARY)

Winnie the Pooh honey chicken with seasoned wedges and coleslaw, Kung Fu Panda stir fried noodles with veg, Paddington Bear marmalade cake



### **MARCH** **INTER. SCHOOL MEAL DAY** (THURSDAY 13TH MARCH)

Roast beef and Yorkshire pudding, Italian Frittata, Lamington tray bake, Salad bar includes Swedish beetroot and apple salad



**STAY UP TO DATE:**  [facebook.com/plymouthcatered](https://facebook.com/plymouthcatered)  [@cateredplymouth](https://twitter.com/cateredplymouth)  [@cateredplymouth](https://www.instagram.com/cateredplymouth)  [@cateredplymouth](https://www.tiktok.com/@cateredplymouth)

# Head Lice

Dear Parents

**RE: HEAD LICE**

Following a few cases of head lice at school, please use the information on this sheet when you look through your child's hair.

FOR THE FOLLOWING TREATMENT OF HEAD LICE WE ADVISE THE FOLLOWING: -

IT IS MUCH EASIER TO CHECK FOR HEAD LICE IF YOU HAVE WET HAIR.

Wash your child's hair and rinse.

Put conditioner on the hair and comb through (roots to ends) with a head lice comb. Rinse off conditioner as normal.

**If you find head lice, please repeat this every day for ten days. You should then get rid of all the lice.**

Please repeat for each member of the family, if you find head lice.

If you have big problems please visit your GP surgery, where they may prescribe lotion to treat.

PLEASE NOTE THAT EGGS NEED TO BE TAKEN OUT ONE AT A TIME. COMBS OR LOTION DO NOT GET RID OF THEM BECAUSE THEY ARE GLUED TO THE HAIR.

Please see the NHS advice below for further information.

[Head lice and nits - NHS](#)

# Nasal Flu Vaccination

Any parents who missed the consenting process and still wish their child to have the flu vaccine, please ask call 01392 342 678 and a consent form can be completed over the phone and you will be assisted with booking into one of our community clinics to have the vaccination done.

Anyone who has already completed a consent form and their child did not get the vaccine for any reason will automatically receive and email inviting them book into a community clinic.



**NHS**

## flu: 5 reasons to vaccinate your child

- 1. Protect your child**  
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends**  
Vaccinating your child will help protect more vulnerable friends and family
- 3. No injection needed**  
The nasal spray is painless and easy to have
- 4. It's better than having flu**  
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs**  
If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit  
[www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

**Flu i mmunisation**  
Helping to protect children, every winter

© Crown copyright 2021. Product code: 28612151. Public Health England gateway number: 2021108. If you want to order more copies of this poster, please visit: [healthpublications.gov.uk/Home/Item/141/1240](http://healthpublications.gov.uk/Home/Item/141/1240).