



North Crescent Primary School

Guiding Explorers of the Future

Thank you to everyone who took part in Odd Sock Day last Tuesday to raise awareness for Anti-Bullying week! It was lovely seeing all the mismatched socks, and for a good cause.

Also, thank you to everyone who gave money last Friday for Children in Need Day. Together we have raised a total of £195 to donate to this charity! Thank you all and well done everyone! Any amount of money will make a big difference.



Diary Dates

Wednesday 27th November -
No Pens Day, £1 Donation

Thursday 28th November -
Year 2 Sharing Assembly @ 2:50pm

Monday 2nd December -
Parent Class Drop-Ins @ 3:30pm

Thursday 5th December -
Year 1 Sharing Assembly @ 2:50pm

Monday 9th December -
Year 1-3 Carol Concert @ 9:15 am
Year 4-6 Carol Concert @ 2:00 pm

Tuesday 10th December -
Year 4-6 Carol Concert @ 9:15 am
Year 1-3 Carol Concert @ 2:00 pm

Friday 13 December -
Parent Decoration Making @ 1:20 pm

Tuesday 17th December -
Christmas Lunch Day
Christmas Jumper Day

Wednesday 18th December -
EYFS Nativity @ 9:15 am / 2:00 pm

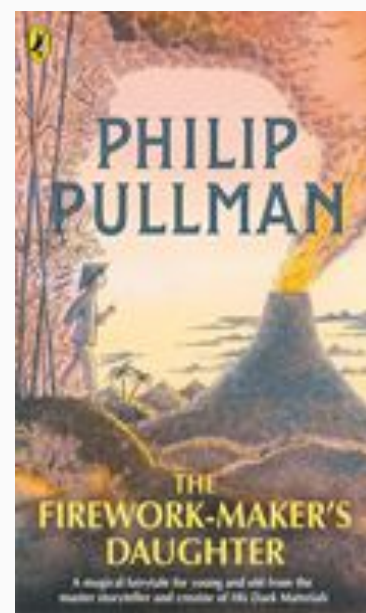
Reminders

- Admissions for September 2025 Reception Class opened on Monday 4th November and will close on Wednesday 15th January. Apply at www.essex.gov.uk/admissions
- The school gates are open between 8:35 to 8:45. If your child arrives later than 8:45, please bring them to the school office and sign them in. This is important as it ensures that children are marked as present on the register.

Book of the Week

This book is fascinating adventure story, about a Lila a girl who has an ambition to be a firework maker herself. Her father does not think this is a suitable choice for her, and so she sets off herself on a journey to complete the final tasks she must do to become a firework maker.

The journey is full of risks and dangers and there are moments when it seems that she might not succeed. This is a story about the importance of believing in yourself, and persevering, even when you have to face a number of difficulties, including other people not believing in you. It is also about the inner strengths that we often hold inside ourselves, without realising.



Huge congratulations to the following children who have been chosen as the Lead Learners.

Pathfinders 1	Kobi	Pathfinders 2	Sophia
Adventurers 3	Everyone	Adventurers 4	Archie
Navigators 5	Lucas	Navigators 6	Carmen

Each week we celebrate the class that have shown respect for their classroom. The children really love our gold, diamante dustpan and brush award! Why don't you ask them about it?

Woodland Warriors Outdoor Activity Group - Wickford Memorial Park

Woodland Warriors is an outdoor activity company, that helps children of different age groups and from different backgrounds to learn basic life skills through outdoor play, and sessions tailored to the needs of neurodivergent children and those with social anxiety issues. There is no pressure to join in and there are quiet areas should any child need a break. It has a very relaxed atmosphere, with many activities the kids can choose from and options for sensory feedback. Each session ends with the toasting of marshmallows around the campfire.

First Session FREE - email info@myotas.org to register your child's details - if you are struggling financially please contact us, as we are able to offer a few reduced/free places most weeks.

Instagram: @northcrescentprimary
FB: North Crescent Primary School
Twitter/X: <https://x.com/NorthCrescentP>



Flu Vaccine Catch up Clinics

Has your child missed their school vaccinations?

We are running catch up walk-in clinics for the flu vaccine this winter, your nearest clinic is:

The Lodge, SS11 7XX

10am to 2pm

Saturday 30 November 10am to 3pm

Monday 23 December (School holidays) 10am to 3pm

Timberlog Youth Centre, SS14 1PB

10am to 3pm

Saturday 7 December

**It's easy to catch up simply
walk in on the day.**

For information on school aged
vaccinations please visit our website:
eput.nhs.uk/childrensvaccines

#GetWinterStrong



10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

we are cycling UK

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/teaching-cycle-safety>

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10 Top Tips for Parents and Educators

EDUCATING CHILDREN ON SPENDING AND SAVING

Evidence shows that children's spending habits begin to form as early as seven years old. With primary schools in England not required to teach financial literacy, many young people are reaching adulthood without knowing the basics of budgeting. This guide explains how to teach young people about money in a practical way, giving them the understanding to become savvy spenders and savers.

1 PROVIDE POCKET MONEY

Giving children money – even a small amount – can help them learn to make their own budgeting decisions about how to spend or save it. Research shows that youngsters who receive pocket money are more likely to become adults with strong financial skills and significantly less debt.

2 USE A PREPAID CARD

Being able to pay by card is essential these days, with some retailers not accepting cash since the pandemic. Prepaid debit cards are available for children from the age of six, allowing them to get used to spending like they will as adults with no risk of dipping into an overdraft. Learning about money is like learning to swim – you need to get in the pool and have a go!

3 PRACTISE BORROWING

Although official borrowing is only available to over 18s, kids need to understand how debt and interest works before they become adults and are exposed to credit cards or 'buy now, pay later' schemes. For a safe means of teaching them about this, parents could offer them extra pocket money but explain that it needs to be paid back by a certain date, plus an extra couple of pounds as interest.

4 ENCOURAGE OPEN CONVERSATION

Chatting about money and how much things cost will teach children that finance is a part of everyday life and not some "scary adult thing". Parents can involve them in budgeting for the weekly shop, for example, working together to get everything on the list while keeping the total below a certain number. Letting young ones make spending decisions in a safe space can build up their confidence regarding money.

5 DISCUSS THE PRESSURE TO SPEND

Whether it's YouTube ads or a hint of envy at a friend's recent purchase, spending triggers are everywhere. Encourage children to notice how clever shop design (like placing sweets at the checkout) and offers such as '2 for 1' deals entice us to spend more. Challenge them to resist impulse buys by getting them to sleep on it before deciding to spend.

6 TELLING 'NEED' FROM 'WANT'

Learning how to prioritise spending is an important life skill: the difference between life's essentials and "nice to haves" is key to budgeting. If children pester you for treats while shopping, it's the perfect time to say "That's a want. We're getting our needs first." You could show how you budget for food, electricity and so on before buying fun things.

7 ENCOURAGE SAVING

Getting children saving early can set them up with a useful habit for their adult life. Suggest that they set something aside every time they receive money and help them set a target for how much to put away, so they feel motivated to continue. For example, encouraging them to save for a friend's birthday gift can get children much more invested in what they buy.

8 SPARK INTEREST IN INTEREST

Motivate children by telling them about interest; you can describe it as a reward for saving money. Explain how everything they put away will grow over time. As an exciting example, explain that 1p doubled every day for a month would amount to approximately £10 million. Some prepaid cards for young people also offer interest; parents and carers could also add a little to supplement what their child saves and show how it works.

9 PAYING FOR CHORES

This is a complex debate with no right or wrong answer: it depends on what works for each individual family. However, it can be one of the best ways to teach children that money needs to be earned and helps to create more mindful spenders. If parents aren't keen on paying for everyday chores, they could ask the children to suggest their own ideas for earning a little extra.

10 PROTECT CHILDREN FROM SCAMS

Scams are a terrifyingly easy way to lose money, and children are generally more likely to be taken in due to a lack of experience with these financial criminals. As a minimum, make sure they're aware of the most common scams they could be exposed to – by text, email and phone, for instance. Young people should tell a trusted adult about any unexpected message or call and *never* give out their personal information.

Meet Our Expert

GoHenry is a prepaid debit card and financial education app with a mission to make every young person smart with money. Co-founder and CEO Louise Hill is a passionate campaigner for better financial literacy among school children and strongly believes that money management is a crucial life skill.

goHenry

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The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/spending-and-saving>

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What to do

Advice on childhood illnesses



Go to school; if needed, get treatment as required



Some restrictions for school attendance



Don't go to school and see the GP

What it's called?	What it's like	Going to school	Getting treatment	More advice
Asthma flare up	Worsening of usual symptoms		Follow your care plan	Stay off school if feeling too unwell
Chicken pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters		Pharmacy	Back to school five days after on-set of the rash, or when all lesions are crusted over
Common cold	Runny nose, sneezing, sore throat		Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)		Pharmacy	Try not to touch eye to avoid spreading*
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat		Pharmacy	Ensure good hand hygiene*
German measles/ Rubella	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards		GP	Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected.
Glandular fever	High temperature, swollen glands, sore throat; usually more painful than any before		GP	*
Hand, foot & mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)		GP	Attend school while monitoring symptoms
Head lice	Itchy scalp (may be worse at night)		Pharmacy	
Impetigo	Clusters of red bumps or blisters surrounded by area of redness		GP	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose, watery inflamed eyes, rash		GP	Back to school four days from on-set of rash, and if feeling well enough
Ringworm	Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty		Pharmacy	
Scabies	Itching rash, commonly between fingers, wrists, elbows, arm		GP	Back to school after first treatment
Scarlet fever	Fever, unwell, red tongue, sandpaper rash		GP	Exclusion period during first 24 hours of antibiotics*
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash		GP	Only stay off school if rash is weeping and cannot be covered
Sickness bug/ diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy	Contact GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus		Pharmacy	Ensure good hand hygiene
Tonsilitis/ Strep throat	Intense sore throat for more than 1 day		Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow. Only need to stay off school if feeling too unwell
Whooping cough	Violent coughing, with a 'whoop'		GP	Exclusion period during first five days of antibiotics
Covid				Visit www.nhs.uk for latest guidance

*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.

Should my child go to school/nursery today?

Hertfordshire and West Essex Healthier Together for further information

<https://www.hwehealthiertogether.nhs.uk/parentscarers>

Working in partnership with



Where does your child sit on the attendance mountain?

