



# Newsletter

Thursday 11<sup>th</sup> July 2019



## Key Value – Thankfulness

ocus for this week was 'Envy's stops us being thankful' and next week our focus is 'Being grateful for God's creation'



## Jump Rope for Heart

The School Council have organised to participate in the Jump Rope Event to raise money for the British Heart Foundation on Thursday 18<sup>th</sup> July. Sponsor forms were brought home last week for the children to get as many sponsors as possible, 20% of the donations will go towards new resources at the school. All forms and money that has been collected needs to be brought into school by Friday 19<sup>th</sup> July.



## Summer Reading Challenge

This year's Summer Reading Challenge is inspired by the 50<sup>th</sup> anniversary of the first moon landing. The Space Chase adventure begins on 13<sup>th</sup> July and children aged 4-11 can sign up at any of the Norfolk County Council's libraries.



## Class Updates

There will be no more class updates now until September. This is a busy time of year, with class transitions, the summer production, and other events.

We will be back in September, and you can also watch out for news in the Autumn term about our re-vamped new website, which we are busy working on.





### Willows

Miss Snelling would like all of Willows to collect milk bottle tops over the summer for crafts in September.

Thank you



### Forest School - Willows

Reception, year 1 and year 2 will be doing the Forest school lesson on site on Friday 19<sup>th</sup> July.

Please remember children need suitable clothing, with long sleeves and trousers.



### Norfolk School Library Books

We have started to get together the library books to be returned to the Norfolk School Library Service. Please can everyone check at home and in their child's bag for any of these books. If you have any, please return them to school as soon as possible, as we get charged for any book not returned. Thank you



### Dance Festival

Willows had a fantastic time at the Hobart Dance festival today. They joined in enthusiastically, demonstrating some great dance moves. Well done Willows!



### Health Alert

There has been some cases of **Measles** reported in the area, for your information we are sending out details to help recognise the symptoms.

#### Important:

Some of you may be aware of a high risk alert that has been issued in Norfolk for **Lyme's Disease**. We have attached a leaflet detailing everything you need to know. Please remember to wear long sleeve tops and trousers when out and about in forests and woods. Please be vigilant and look out for any of these symptoms with you and your children.

### Dates for your Diary

**Friday 12<sup>th</sup> July** – Oaks Summer Production 2pm

**Monday 15<sup>th</sup> July** – Bungay High School Transition Day for Year 6

**Monday 15<sup>th</sup> July to Fri 19<sup>th</sup> July** – Hobart High School Transition Week for Year 6's

**Tuesday 16<sup>th</sup> to Wed 17<sup>th</sup> July** – Long Stratton School Transition Day

**Wednesday 17<sup>th</sup> July** – New Intake Taster afternoon – 1.30 – 3pm

**\*New\* Thursday 18<sup>th</sup> July** – Jump Rope Event – 1.30pm till 2.30pm

**Friday 19<sup>th</sup> July** – Reception, Year 1 and Year 2 will be doing forest school

**Tuesday 23<sup>rd</sup> July** – Year 6 Leavers Trip - Bewilderwood

**Wednesday 24<sup>th</sup> July (Last Day)** – Leavers Assembly from 9am

**Wednesday 4<sup>th</sup> September** – Return to school





# Woodton Primary School

Headteacher: Miss Dawn Read

INSPIRE

CHALLENGE

NURTURE

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11<sup>th</sup> July 2019

Dear Parents/Carers

## Measles Cases

I am writing to inform you that a few children at Hobart High School and other local primary schools have recently been diagnosed with Measles.

Measles can be a very serious illness and it is also highly infectious. The affected students are now recovering, but we may see further cases in the local area:

The following information should be helpful;

- Symptoms develop 9-11 days after becoming infected and last up to 14 days from the first signs to the end of the rash.
- The first stage of measles includes irritability, a runny nose, red eyes, a dry cough and an increasing fever that comes and goes. These symptoms may last up to 8 days.
- The rash appears on the body between 3 to 7 days after the illness starts and lasts for a week. It usually starts on the forehead and spread downwards over the face, neck and body. It consists of flat red or brown blotches that can spread into each other.
- There can also be diarrhoea, vomiting (sickness) and stomach pain.
- Complications such as ear infection and pneumonia may occur in some children.

We have attached further information. Children with measles are infectious from four days before and until five days after rash appears. Should your child show any signs of developing this illness, they should not attend school and we would strongly advise you to keep them at home. They will need to stay away until they are well and for a least five days after the appears.

The disease can be prevented by a highly effective vaccine, which is part of the MMR vaccine. Two doses are recommended for maximum protection, a first dose at 12-15 months of age and a second dose at 3-5 years.

We would like to take this opportunity to remind parents of the importance of immunising their children. If you are not aware of your child having received 2 doses of MMR, please contact your general practitioner to ensure that your child is protected. MMR can be given at any age.

More information on measles can be obtained from <http://www.nhs.uk/conditions/measles> and if you are concerned that your child has signs and symptoms of measles please contact NHS 111.

Yours sincerely  
Miss Dawn Read





Public Health  
England

# Measles is circulating

- measles is extremely infectious and can be serious
- Make sure your children get two MMR vaccines on time; the first at 1 year of age and the second at 3 years, 4 months
- If you or your children missed these vaccines, it's not too late. Ask for the free vaccine from your family doctor (GP) if you or your children aren't up-to-date
- if you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others
- symptoms include: high fever; sore red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the first symptoms
- go to [nhs.uk](https://www.nhs.uk) for more measles information

## Symptoms

Rash



Temperature



Runny Nose



Red Eyes

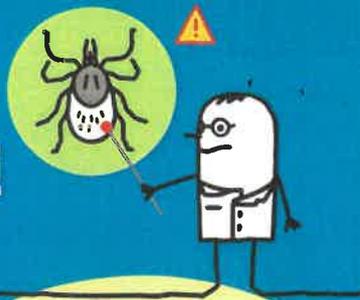


Cough



# Be Tick Aware

## Don't Let a Tick Make You Sick!



### Know the ticks in PA



Blacklegged tick



Dog tick

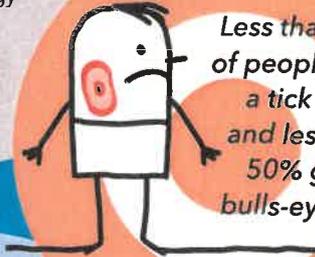


Lone Star tick

A tick bite can give you more than just Lyme disease. Other diseases include:

- Anaplasmosis
- Babesiosis
- Bartonellosis
- Borrelia
- Miyamotoi
- Ehrlichiosis,
- Powassan Virus
- Rocky Mountain Spotted Fever
- STARI
- Tularemia
- Red Meat Allergy

**Note: A nymph tick can be as small as a poppyseed.**



Less than 50% of people recall a tick bite, and less than 50% get a bulls-eye rash.

### Remove ticks correctly

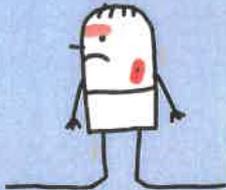
1. Grab tick close to skin with pointed tweezers.
2. Pull gently straight upwards.
3. DO NOT put anything over tick, twist, jerk or squeeze tick.
4. Seal tick in a plastic bag with moist cotton ball.
5. Clean bite site with antiseptic.
6. Circle the bite site to monitor.

Fill out/send home tick bite notification report with bagged tick to parents.

### Is it just the flu or Lyme?

Be aware of these common symptoms:

- Flu-like illness with fevers, chills and malaise
- Rashes that come and go and can be different in shape, not just a bulls-eye
- Headaches and dizziness
- Facial paralysis (Bell's Palsy)
- Stiff neck
- Aches, pains, weakness in muscles and joints
- Chest pain, heart palpitations, carditis
- Swollen glands, sore throat
- Arthritis that moves from joint to joint
- Nausea and diarrhea
- Numbness/tingling/weakness in arms and legs
- Dizziness, disorientation
- Sensitivity to sound or light
- Extreme fatigue
- Insomnia
- Frequent growing pains



Symptoms can come and go and move around the body.

### Is it just a mood or concentration issue or Lyme?

Be aware of these lesser-known symptom (symptoms can come and go and move around the body):

- **Personality changes:** new onset anxiety, panic, aggression, explosive outbursts, hyperactivity, mood swings, irritability, obsessive compulsiveness, depression and sudden suicidal thoughts
- **Cognitive changes:** decrease in IQ, change in school performance, new dyslexia, slowed thinking and word/memory retrieval, impaired memory, difficulty concentrating, new or exacerbated attention deficit behavior (ADD or ADHD)
- **Speech issues:** slurring or stuttering, loss of fluency
- **Vision problems:** frequently blinking/tic; eye movement issues (tracking), sensitive to light
- **Neurological:** clumsiness or balance problems, dizziness, headaches



Any concerning change in a child should be communicated to parents, with the suggestion to seek the advice of the child's physician.



[www.palyme.org](http://www.palyme.org)

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