



19th January 2024

Dear parents / carers,

Switch of Fortnight

This week, children were invited to take part in Switch Off Fortnight. This is an initiative where we reflect on how much electricity we use and look to do things such as turn off lights and electrical appliances when they aren't in use or when they're not really needed. Children were invited to take part in a competition, led by our Eco team, to design a poster to encourage people to use less energy. The Eco team also helped lead an assembly for those in KS2, giving ideas on what the children could do to be empowered.



Last term, as part of their persuasive writing unit and inspired by activists, children in Year 6 wrote about climate change. Two powerful examples were shared with children in KS2 this week. What amazing writing!

Lewis (Year 6) -

Imagine a time where we live without harm, where you breathe fresh air. Where you see animals roaming naturally: this is our hope for our children's future, a hope we can all receive but climate change is gate-keeping it from reality. Can you bring our hopes and dreams to reality? Only time will tell, we must save our home.

Our earth is in a disgraceful state; too many horrible greenhouse gases are polluting the atmosphere. Save our earth! Air pollution produces CO₂ which makes the earth hotter. Therefore, we need to use renewable energy now to stop the crisis. We must save our home and prolong our children's lives for their wonderful future and helping to preserve the planet's health.

Clearly fossil fuels, which are the resources adults use daily, are warming the planet more rapid than ever. Save our earth! The temperature is making the ice melt so all polar bears are at risk of extinction. If we don't stop now, then our world is going to become a game of dominos, effect after effect after effect until they are all irreversible.

Our home is hurting: people are careless; trees are being cut every second; animal's environments are being destroyed. Save our earth! We need to stop cutting trees now! 65% of lions in Africa are gone, 75% of total air animals in Europe are gone as well but 95% of blue tuna fish in the oceans are gone that means 5% are left. Save our earth! Even David Attenborough says that we've cut enough.

We are tired and exhausted, frustrated and angry, can't keep reminding you about the crisis we face. You are selfish, lazy, careless – how can you let the crisis continue any longer?

As you can see, we have so many issues to face to save our generations world; the crisis is now and we must act immediately. Without a doubt I know children can and I know we all want a home to keep for our own children's future. We need your help now. Will you join us?

Wynnifred (Year 6) -

Picture a world where animal species are becoming extinct, floods everywhere risking life, our oceans are being polluted: this is the hazard of a world we will be living in soon. The world as we know it is changing and nobody is helping to change it back to a habitable place for us. It isn't right. Our future is stolen, and we are the thieves. Do you really want a world like this?

The greenhouse effect is a process where greenhouse gasses (such as CO₂, water vapour and methane) are trapped by the earth's atmosphere, keeping it at the perfect temperature for living creatures – including us. This natural process keeps the world habitable for life. However human activities, such as burning fossil fuels for any purpose, are increasing the amount of fossil fuels in our atmosphere. When this occurs other gasses are trapped in the atmosphere, causing the temperature to rise. Therefore, this will eventually transform into a major issue which could cause the earth to become in-habitable for life. Evidently this will lead to droughts, wild-fires and many deaths. Without a doubt climate change has made a dramatic effect on the earth, it's a serious problem.

Bio-diversity is the total variety of all life on earth and it seeks help. You must start to acknowledge the change now! We need towering forests, we need millions of pollinators, we NEED strange plants for medicine, but if bio-diversity loss continues, we might not have it. Did you know the amount of flying insects in Europe has dropped by 75%? Bees are here for a reason, not just to scare you. They are here to pollinate flowers and help the earth thrive. But if bio-diversity loss continues we won't have it. The world is counting on YOU to make a difference. We cannot ignore it any longer. Trillions of species are being wiped off the earth in second and soon that could be us. Our activities over the past 50 years have dramatically effected bio-diversity, and it becomes worse every day. YOU have to make a difference. YOU have to make a change. Obviously it isn't right to ignore it. We must save the animal's habitats! Many heart-broken animals are being ripped out of their homes because of YOU.

There are many different types of pollution (air pollution, water pollution) but they all have the same effect – extinction of everything. It's a man-made disaster. Pollution is the largest environmental cause of disease and pre-mature death. Did you know sometimes air pollution is visible? You can see dark smoke come from the exhaust pipes of trucks and factories. A few ways to stop polluting are: driving your car less, using paper, metal and other biodegradable items, using less energy.

Deforestation is the act of removing forests from the face of the earth, and it's not okay. Did you know, every second the size of one football pitch amount of trees is cut down. Every tree cut down is less oxygen too. A few ways to stop deforestation are: going paperless; avoiding palm oil; recycling. Beef is responsible for 41% of global deforestation. It isn't right. Clearly deforestation could kill us soon. The people's oxygen is lessening.

Can children make a difference? Yes they can. Many people think children are too small, or don't understand things, but we do. We understand how you ruined the world and destroyed our future. It isn't right, now is the time to fix this. With small and simple actions, children can make a powerful change in the world. The children's futures are destroyed and you should be helping but you aren't.

Wishing you an enjoyable weekend. Rachel Breen, Headteacher

Parent Consultation Meetings. 3.20 pm – 6 pm. Tuesday 6th and Thursday 8th February (Monday 5th instead of Thurs for 6 St Benedict)

Don't forget that our SchoolPing online booking system will be active for you to make appointments until Monday 29th January. If you find you have any difficulties booking an appointment, please get in touch with the school office. Each consultation will last up to 10 minutes. If you would prefer the potential option of a face to face meeting, please request this at the time of booking by writing 'face to face' in the comments section. In addition to the Parents evening consultation, you have the option of also receiving an Interim Report, which will identify your child's level of attainment, whilst also noting progress and future targets for core subjects. The contents of these will always be discussed verbally regardless of if a hard copy has been requested or not. Should you require a hard copy, we ask that you email your child's class teacher by Monday 29th January. This will be discussed verbally in the meeting and a copy emailed to you straight after. Mrs Mullans will continue to provide extra meetings for parents of children with additional needs / SEND. Please email Mrs Mullans directly to book your appointment, for the same dates, with her; annamullans@cottesmore.brighton-hove.sch.uk. If your child is registered as having additional needs, you are able to book a consultation with their class teacher as well as an additional one with Mrs Mullans. The teachers look forward to working in partnership with you.

Club support

We are aware that there are a significant number of families who don't quite meet the criteria for Pupil Premium funding but are also finding things a challenge. We currently offer Pupil Premium children £50 towards a club of their choice, each term, so please get in touch if you have not yet accessed this. We also have access to some free spaces in a range of after school clubs, as well as holiday clubs, which we reserve for other families in certain circumstances. If you do not meet the criteria for Pupil Premium funding but are on a low income and finding it hard to fund such activities, please do get in touch so we can see if we can help. All information will be treated in confidence but we will have to ask some personal questions in order to prioritise who gets what help. Please email annamullans@cottesmore.brighton-hove.sch.uk

Nut free school

We are a NUT FREE SCHOOL.. We ask all members of our school community for their help by avoiding giving children nuts or nut products in their packed lunches. Caterlink, who provide our school lunches, ensures that all they provide is nut free. Please do not give children nuts, nut products or snacks / bars containing nuts for break time snacks or as part of a packed lunch. We do acknowledge that many foods are labelled as 'may have been produced in a factory handling nuts' or 'may contain traces of nuts'. Such items can be brought into school, we are referring to those that identify that nuts are present. Thank you for your support.

Teaching Assistant Vacancy at Cottesmore

Have you considered a career in schools?

We are seeking to employ a Teaching Assistant to work Monday - Friday 8.45am – 1pm. We would welcome applications from those who have experience of working with children in a school setting and also from those who may not have had this specific experience, but who have a desire to explore a career in education. We provide a personalised range of training and opportunities to ensure that all members of staff are able to learn and develop through our culture of growth.

Below is a link to the adverts. If you have any questions please contact Anna Mullans who would be happy to discuss the role further.

<https://www.cottesmore.brighton-hove.sch.uk/page/job-vacancies/> Closing date is Monday 29th January.

Buddy Masses at Cardinal Newman Catholic School in the chapel.

- Year 2, Year 3 and Year 4 – Thursday 25th January 9.10am with Canon Colin
- Year 1 and Year 5 – Thursday 1st February 9.10am with Canon Colin
- Year 6 & Reception – Thursday 8th February 9:10am with Canon Colin - CANCELLED as chapel no longer available. New date TBC

Entrance for parents will be via the lower gate at Cardinal Newman School, Upper Drive and registering via the office. Children will be brought across with their classes for the Mass and then will return to school afterwards. Parents will not have general access to school toilets so please come prepared for this. We look forward to seeing you there.

Governors Building Fund – Gift Aid Donations

We are currently writing to all families to remind them of our Governors Building Fund. We always ask that, in order to raise enough money to pay 10% of any successful bids for essential maintenance works, that families make a minimum voluntary contribution of £10 per term, or £30 a year, PER Pupil (not family) so that we are able to meet these financial commitments. Some families are in a position to pay more, for which we are extremely grateful.

As an Aided school, if we are unable to provide 10% towards successful bids, through parental contributions, the money is lost and any essential capital or maintenance spend has to come out of money that is provided by the Local Authority for the children. This money then has to come out of our main school budget which could then mean that we can't offer all the extra enrichments that we currently do.

We also request that families complete a Gift Aid declaration form if a UK tax payer.

In addition, as we approach the end of each tax year it may be that, if you run a business, you are looking to make an additional charitable donation to enable you to offset tax. If you are - or if you know someone who is - and you would like to make a company donation to Cottesmore, via our Governor's Building Fund, we would be very grateful. Any donations make such a difference as the more bid money we can go for, to ensure that the building is of a good standard, the longer we can continue to offer all the wonderful things that we do for the children in our care. Thank you for your generosity and support.

TOO ILL FOR SCHOOL?

GUIDANCE ON ILLNESS AND SCHOOL ATTENDANCE

Why is school so important?

School is a place where you can see your friends and make new ones, which is beneficial for your social and emotional health. School challenges you to think critically. Homework is another big deal, whether you're in sports or group projects, you learn how to collaborate and lead. School also exposes you to different cultures and viewpoints, making you more open-minded and socially aware. And let's not forget, it helps you develop a moral compass – understanding what's appropriate and what's not in terms of ethics and behaviour. So, school isn't just a chore; it's actually shaping you into a well-rounded individual.

Letter to school leaders on mild illness and school attendance

Published September 27, 2022 • Department of Education

There is wide agreement among health professionals and educational professionals that school attendance is vital to the life chances of children and young people. Being in school improves health, wellbeing and socialisation throughout the life course. The greatest benefits come from children and young people attending school regularly.

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above. We would encourage you to share the NHS 'Is my child too ill for school?' guidance with parents and carers in your schools and communities which has further information.

In addition to respiratory illnesses, we are aware that more children may be absent from school due to symptoms of anxiety than before the pandemic. Heavy and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it. DfE has published useful guidance on mental health issues affecting a pupil's attendance and those who are experiencing persistent symptoms can be encouraged to access additional support.

As we head into winter, encouraging high uptake of seasonal flu vaccination and routine immunisations for eligible children and young people will help to reduce absences and the disruption they cause.

Sources:

gov.uk/government/publications/letter-to-school-leaders-on-mild-illness-and-school-attendance

www.nhs.uk/its-your-child-too-ill-for-school



Selles Medical

Coughs and colds

It's fine to attend school with a minor cough or common cold. But if you have a fever, stay off school until the fever goes.

Throw away any used tissues and to wash your hands regularly.

High temperature

If you have a high temperature, stay off school until it goes away.

Chickenpox

If you have chickenpox, stay off school until all the spots have crusted over. This is usually about 5 days after the spots first appear.

Cold sores

There's no need to stay off school if you have a cold sore.

Try not to touch the blister or kiss anyone while you have the cold sore, or share things like cups and towels.

Conjunctivitis

You don't need to stay off school with conjunctivitis.

So get advice from your pharmacist.

Try not to rub your eyes and to wash your hands regularly.

If you have symptoms, such as a runny nose, sore throat, or slight cough, and feel well enough, you can go to school.

COVID-19

You should try to stay at home and avoid contact with other people if you have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to school or do your normal activities

Ear infection

If you have an ear infection and a high temperature or severe earache, stay off school until you're feeling better as your high temperature goes away.

Hand, foot and mouth disease

If you have hand, foot and mouth disease but feel well enough to go to school, there's no need to stay off.

Throw away any used tissues straight away and to wash your hands regularly.

Head lice and nits

There's no need to stay off school if you have head lice.

You can treat head lice and nits without seeing a GP.

Impetigo

If you have impetigo, you will need treatment from a GP often with antibiotics. Stay off school until all the sores have crusted over and healed, or for 48 hours after you start antibiotic treatment.

Wash your hands regularly and not to share things like towels and cups with other children at school.

Ringworm

If you have ringworm, see your pharmacist unless it's on your scalp, in which case you should see a GP.

It's fine to go to school once you have started treatment.

Scarlet fever

If you have scarlet fever, you'll need treatment with antibiotics from a GP. Otherwise you will be infectious for 2 to 3 weeks.

You can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to stay off school if you have slapped cheek syndrome because, once the rash appears, you're no longer infectious.

But let the school or teacher know if you think you have slapped cheek syndrome.

Sore throat

You can attend school if you have a sore throat. But if you also have a high temperature, then you should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of tonsillitis.

Throatworms

You don't need to stay off school if you have throatworms. Speak to your pharmacist, who can recommend a treatment.

Vomiting and diarrhoea

If you are suffering with diarrhoea or vomiting stay away from school until you have not been sick or had diarrhoea for at least 2 days (48 hours).

MONDAY 22nd	
TUESDAY 23rd	
WEDNESDAY 24th	- Year 5 St Josephine Forest School am - Year 1 St George Forest School pm
THURSDAY 25th	Years 2, 3 and 4 Buddy Mass at Cardinal Newman School Chapel – parents welcome
FRIDAY 26th	Year 1 and 2 PTA film event showing Paw Patrol The Movie
SATURDAY 27th	Holocaust Memorial Day
JANUARY/FEBRUARY	
MONDAY 29th	Last day to book parent consultation meetings / ask for interim reports
TUESDAY 30th	Year 5 and 6 to Newman to watch dress rehearsal of Shrek
WEDNESDAY 31st	- Year 5 St Oscar Forest School am - Year 1 St Teresa Forest School pm
THURSDAY 1st	- Year 1 and Year 5 Buddy Mass at Cardinal Newman School Chapel – postponed - Year 3 pedestrian training
FRIDAY 2nd	
MONDAY 5th	
TUESDAY 6th	- Safer Internet Day – extra online safety lessons in school - Parent Consultation zoom calls and face to face and SEN 3.15pm – 6pm - Year 5 school trip to the Royal Pavilion
WEDNESDAY 7th	Honeypot Party
THURSDAY 8th	- Year 3 pedestrian training - Parent Consultation zoom calls and face to face and SEN 3.15pm – 6pm - PTA uniform sale after school – items between £1 and £2
FRIDAY 9th	- Mental Health Awareness Day to mark the end of Mental Health Awareness Week - PTA Valentines cake sale after school Saturday 10th = Chinese New Year Sunday 11th = International day of women in science

HALF TERM
Monday 12th February – Friday 16th February
Outdoors Project Holiday Club on school field