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**Matthew 5:14 – 16**

Dear Families,

Welcome to the first edition of the newsletter for 2024. The children have returned to school a credit to you all; alert, and ready to learn after the Christmas holidays. Throughout the school there is a great working atmosphere, and we are excited to begin our new year together. At Lambourn, we pride ourselves on learning together to achieve success, based on high expectations and equality of access for all. We nurture the growth of the whole child- academically, socially, emotionally, morally, and physically celebrating all achievements in a safe, caring and creative environment. The whole team works together to bring learning 'alive' and extend pupils' experiences so that they are well prepared for the next steps in their education.

We believe a happy child will be a successful child and work to ensure every child enjoys school and achieves success. We have a dedicated team who work together to provide the best teaching and learning experiences that we can through an exciting and engaging curriculum.

You as the parents and carers play a key role in ensuring all children are fully supported at home and at school. We will continue to work closely with our families and know the importance of your on-going support in ensuring our children achieve the best they possibly can.

The next couple of weeks will continue to be very busy. We are proud of the hard work, commitment and dedication that the Choir and the staff choir team have put into their preparations for Young Voices and their appearance at the O2 Arena in London. We know they will have a fabulous time and it will be a truly memorable experience.

Next week Miss O'Farrell our English Lead and myself will be travelling to London with two of our children to accept our award for winning the South-East region in the National Read Aloud Challenge.

We have secured a spot at the awards ceremony hosted by Fonetti brand ambassador, Clare Balding CBE. Please see our official invitation. We are eagerly looking forward to meeting other winning schools of the National Read Aloud Challenge and it will be absolutely incredible to celebrate alongside all them.



Sadly, after 37 years, we say goodbye to Mrs Puzey! Mrs Puzey has enjoyed her years at Lambourn very much and we wish her all the very best in her retirement!

## Dates for Your Diary 2024

### INSET Day

Thursday 28th March 2024

### Term 3

Thursday 4th January 2024  
Friday 9th February 2024

### Term 4

Monday 19th February 2024 –  
Wednesday 27th March 2024

### 'Little Lambourn Lights'

Every Wednesday Afternoon  
2.00pm – 3.15pm

### Children's Mental Health Week

**05.02.24 to 11.02.24**  
shining a spotlight on the importance of children and young people's mental health, and building on research findings that link literacy engagement with wellbeing

### National Storytelling Week

**27.02.24 to 04.02.24**  
A week-long celebration of stories – spoken or written – encouraging creativity and self-expression enabling children to tell their own stories.

### Consultation Evenings

Tuesday 12<sup>th</sup> March &  
Thursday 14<sup>th</sup> March

### World Autism Acceptance Week

02.04.24 – 08.04.24

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## From the School Office: reminders, updates and future calendar dates

**15th January 2024:** application deadline for a Reception place in September 2024. Please click on this link for more information <https://www.westberks.gov.uk/article/40449/Applying-for-Primary-School-Places>

**18th January 2024:** Welcome back to School Lunch!

To welcome everyone back after the festive period and welcome the new children that have joined us this term we are having a Welcome Back to School Lunch on Thursday 18<sup>th</sup> January. The menu has been updated with delicious options including chicken nuggets and chips. We encourage all pupils to choose an option from the lunch menu.

**17<sup>th</sup> January 2024:** Little Lambourn Lights stay and play from 2pm until 3:15pm

### Reminders:

- **School dinner or packed lunch** please remember to choose your option in MCAS. All menu choices are available until 9<sup>th</sup> February.
- **PE kit:** please ensure your child brings in a full PE kit (shorts/PE skort, polo t-shirt, socks and trainers) plus outdoor cold-weather kit such as tracksuit bottoms/long leggings and a jumper/cardigan.
- **Year 6 Residential** please continue to make payments on MCAS for the Year 6 Residential.

## Future calendar dates – new dates added in green since last issue

**17<sup>th</sup> January:** Y5 tree planting trip

**17<sup>th</sup> January:** **Little Lambourn Lights Stay and Play** : Every Wednesday afternoon 2:00 – 3:15 pm at school. £1 Contribution

**18<sup>th</sup> January:** **Welcome back to School Lunch**

**29th January 2024:** KS2 Choir members attending Young Voices Concert in O2 Arena

**12<sup>th</sup> to 16<sup>th</sup> February:** Mid-term break : school closed

**19<sup>th</sup> February:** Back to school

**12th March 2024:** Parent Evening

**14th March 2024:** Parent Evening

**19<sup>th</sup> March 2024:** KS2 Choir members Hexagon Choir Event

**27<sup>th</sup> March:** Term ends at 1:30pm

**15<sup>th</sup> April:** Back to school

**3<sup>rd</sup> May 2024:** Y5 Level 1 Bikeability

**5<sup>th</sup> June 2024:** Class group photos

**24th June – 26th June 2024:** Year 6 Residential

**5<sup>th</sup> July 2024:** Sports Day (tbc)

**8<sup>th</sup> July 2024:** Swimming Gala (tbc)

**8<sup>th</sup> and 9<sup>th</sup> July:** Y6 Group 1 Level 2 Bikeability

**15<sup>th</sup> and 16<sup>th</sup> July:** Y6 Group 2 Level 2 Bikeability

**For the school term dates visit our website by clicking on this [Term Dates](#) link**

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**Little Lambourn Lights**

Our new Stay & Play group in Lambourn  
Starting Wednesday 17<sup>th</sup> January 2024

An open session for parents / carers and their children, aged 0-4 years.  
Safe, fun, sensory area for babies,  
Adventurous, creative, messy areas for toddlers.  
Snacks and refreshments provided.  
No need to book.

Lambourn C of E Primary School  
Edward's Hill  
Lambourn,  
Berks  
RG17 7LJ  
\*\*Entrance can be found at the lower gate,  
NOT the main entrance\*\*

When is it? Every Wednesday 2 - 3.15pm  
How much is it? £1 per family

For more information Call: 01493 682628, Whatsapp: 07771 701911, Email: charnie@hungerfordhubs.org.uk-berks.sch.uk

## MELATONIN GUMMIES

In some countries, melatonin is available to buy in health food shops or online. It's sold as a complementary medicine and comes as standard capsules, tablets or a liquid that you drink.

**However, these supplements are *NOT AUTHORISED for sale in the UK* and *it is a PRESCRIPTION-ONLY medicine.***

### Why is melatonin restricted in UK?

This is because melatonin is considered **"medical by function"** which means that it requires a **drug licence**.

### Why is melatonin not recommended for children?

Melatonin isn't known to have severe side effects. Depending on the dosage consumed, melatonin can leave a child feeling drowsy during the day, cause mood disturbances, headaches and dizziness has also been reported in children.

### What's going on with melatonin?

More children and preteens are taking melatonin to help them sleep, a new study found, while experts cautioned that parents may be unaware of some risks, particularly with long-term use. Melatonin gummies also look like sweets, which can be particularly dangerous for young children.

### What are the cons of melatonin gummies for kids and Side Effects of Melatonin?

Children who take melatonin supplements may experience symptoms like bedwetting, drowsiness, headaches, and agitation.

As a school we have a duty of care to all our pupils. If we are made aware that adults are administering **non-prescription medication** (melatonin gummies) to children **without a doctor's**

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**prescription** it would be a safeguarding issue and we would contact **CAAS (Contact, Advice and Assessment Service)** - CAAS is the front door for Children and Family Services.

## Attendance: the top facts to know

The link between attendance and attainment is clear:

- In 2018/19, just **40% of persistently absent (PA)** children in KS2 achieved expected KS2 standards, compared with **84% of pupils who were regular attenders**.
- And **36% of PA children in KS4 got 9 to 4 in their English and Maths GCSEs**, also compared with **84% of regular attenders**.

But attendance is important for more than just attainment:

- Regular school attendance can facilitate positive peer relationships, which is a protective factor for mental health and wellbeing.

I would like to take this opportunity to remind families of the NHS Is my child too ill for school guidance <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/> and the Chief Medical Officer Chris Whitty's letter on mild illness and school attendance <https://www.gov.uk/government/publications/letter-to-school-leaders-on-mild-illness-and-school-attendance> that says a prolonged period of absence is likely to heighten a child's anxiety about attending school in the future.

## Medical & Dental Appointments

We ask that you please make every effort to avoid booking medical and dental appointments during school time where possible and aim for these to be booked during school holidays. Where this is unavoidable, parents/carers should put this in writing to the school office and attach a copy of the appointment card or letter before the date of the appointment. Please also include the time you will need to collect your child. If your child will be late into school because of a medical or dental appointment, please phone the school (01488 71479) on the morning of the appointment and leave a message on the absence line before 8.40 AM. **If arriving late after an appointment, please ensure that your child is accompanied and signed in by an adult at the school office for safeguarding reasons.**

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## Is my child to ill for school?

Children with Diarrhoea or vomiting **MUST** stay away from school until 48 hours has passed since the last episode.



TOOTHACHE

If your child has toothache school attendance **should** be maintained until your child can see a dentist. Regular pain relief may also help until your child has seen the dentist.



SORE THROAT

You **can** still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until the temperature is under control.



-EAR INFECTION-

If your child has earache without a high temperature they **can** come to school with some pain relief. If your child has severe ear ache and a temperature keep them off school until they're feeling better or their high temperature goes away and consider seeking medical advice.

### Tonsillitis

There are many causes, but most cases are due to viruses and do not need an antibiotic and the child **can** still come to school with pain relief.

### Chicken pox



Children with chicken pox **must** stay at home until the lesions have scabbed over.



Children can feel anxious about different things at different ages. Many of these worries are a normal part of growing up. If your child's anxiety is triggered by something at school, speak to your child's teacher or contact Mrs Hanson for further support.

If your child's anxiety persists and interferes with their everyday life, it's a good idea to get some advice from the GP who can signpost you to further support. .

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## School Path

Please be aware that following the recent very wet weather and continuing cold period, we have identified that the path down to the lower gates is uneven in places due to the tree roots swelling and lifting the tarmac. Please take care around these areas and use the other/more even side of the path to avoid any trips and slips. Please keep your child(ren) with you once you have collected them from their classroom to ensure their safety and careful supervision on the school hill.

We are in the process of getting quotes in order to facilitate a speedy repair to the damage caused by the weather.

## Safe Access to the School Gates

I have received several complaints from families about children not having safe access to the school gates in the morning because the pavements are being blocked by other parents. Please be considerate of children's safety accessing the school site by not blocking pavements forcing children to walk into the road to pass in order to get into school. Thank you.

## Uniform

We have noticed recently that several families are not adhering to the uniform policy and several children are wearing expensive sports brand trainers to school instead of black school shoes as stated in our uniform policy. <https://lambourn.excalibur.org.uk/wp-content/uploads/2023/10/Uniform-Policy-2023.pdf>

At Lambourn CofE Primary School we wish to promote an atmosphere which encourages all of our pupils to *'Let their Light Shine'*. The school has high standards and expectations and this is reflected in the pride we take in our school uniform and the feeling of belonging it creates. We also believe that school uniform prevents the inevitable issues of self-esteem caused to individual children should a family not be able or willing to provide the newest, most expensive or fashionable clothing and equipment. Our uniform aims to:

- maintain a strong sense of identity, pride and belonging within our school
- promote consistently high standards of behaviour, attitude and dress.
- respect variations to school uniform if they are directly related to established religious or cultural traditions in line with the Equality Act 2010 Public sector equality duty
- avoid unnecessary clothing expense for parents due to the cost of school uniforms
- We expect ALL pupils to follow the dress code. Parents should communicate with us if there is a specific reason why their child is unable to follow this policy.

### Expectations for school uniform

Uniform consists of:

- Red sweatshirt or cardigan
- White polo/school shirt
- Black or Grey straight-legged trousers or tailored shorts
- Black or Grey skirt or pinafore
- Black, sensible, low-heeled shoes. Boots should only be worn outdoors in inclement weather.
- Plain grey, black, red or white socks or black, grey, red or white tights.
- In the summer term, red and white checked dresses or culotte-style dresses are optional.

Generic school uniform can be purchased from any number of local stores and supermarkets or online.

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If you wish to purchase a sweatshirt with the school logo, these can be purchased through <https://www.schooltrends.co.uk/uniform/LambournCEPrimarySchoolRG178LJ>.

**Hair styles** should be neat and tidy and promote our high standards of dress. Long hair should be off the face and fully tied back for safety at all times including PE or when playing on playground equipment. There should be no extremes of style or colour and no shaved lines or patterns. Hair accessories should be discreet, plain and red, white, grey or black in colour.

Children will also require a change of clothing for games and PE lessons.

- Plain black or dark shorts
- Plain, white round neck or polo-shirt (NOT the school shirt they are wearing)
- Trainers or plimsols
- Plain red, black or dark sweatshirt/hoodie and plain dark coloured long tracksuit bottoms for outdoor PE in winter
- No football kits or logos

Children **DO NOT** require large school bags or additional equipment. Coats, school bags and PE bags must fit in cloakroom space. All basic equipment e.g. pencils, rulers, handwriting pens, colouring pencils is provided by school.

**Lunchboxes** should be named and taken home every day. Water bottles should be named and they will be kept in the classroom other than when taken outside/to the hall for sports activities. Children are encouraged to drink water throughout the day and **SHOULD NOT** bring other drinks in their water bottles.

**Nail varnish, make up and jewellery** is not acceptable. Children may wear small, plain stud earrings which must be removed for swimming and also for PE lessons. Children may wear small, discreet watches which must be removed for PE.

## **Lambourn Youth Choir**

**Revd Julie writes:**

**Lambourn Youth Choir will be launched on Tuesday 23rd January 4pm in church with Julie** leading along with a drink and biscuit - with the heating on!

There will be no charge for any of our activities! This first week will be from 4pm and you are welcome to drop off and leave your child and pick up at 5pm.

I am hoping to meet regularly and am planning outings for the children to explore more about singing and music.

If you have a query please text, email or ring me - no query too small!

Julie 07749 844 600



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## *Christian Vision & Values Medals*

### *'Let Your Light Shine'*

F2 - Noah

Year 1 - Marnie

Year 3 - Bowie

Year 4 - Mia

Year 5 - Jarvis

Year 6 - Theo

## *Reading Champions*

Arlo & Mahrosh

**Children show us what you love about reading next week!**

## *Principal's Awards*

Congratulations to all the children who received Principal's Awards this week. We are all very impressed with the following children's quality of work and commitment to their learning.

*Everyone else, remember, never, never, never give up!*

F2 - Blake

Year 1 - Ari & Isla

Year 2 - Arlo & Dash

Year 3 - Olivia & Joseph

Year 4 - Freddie & Sienna

Year 5 - Winnie & Alfie

Year 6 - Edie & Rex

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## Messages to families about the dangers of floodwater

*The heavy rain has left many local roads and footpaths flooded and has caused road closures all across the district. West Berks are asking residents if they must travel, [check your route](#) before you go and travel with care. If you see a 'Road Closed' sign, please don't remove it or attempt to drive through that area as any bow waves created can flood properties and there is a risk that your car will lose traction. Remember, just 30 cm of fast moving water can move your car.*

*There has also been major disruption to local railway services. Check with your provider before you travel as many services from local stations have been impacted.*

*Floodwater can may contain heavy debris, sharp objects, open manhole covers, sewage and chemicals therefore you should keep your family and pets away from this. Please wash your hands if you've been in contact with flood water which may contain toxic substances. West Berks Council also ask that you please avoid walking down canal paths or other paths close to water as even shallow moving water can knock you off your feet.*

*They've been receiving lots of questions about sandbags. They don't usually provide these to individual properties. For more information please see their [sandbag policy](#).*

*The temperature has started to drop so please be mindful of icy conditions when out and about, especially with excess surface water around due to flooding.*

*The gritters have been out and will continue to be over this cold snap as they consistently keep an eye on the forecast and check the ground temperatures. West Berks are asking residents to be very careful due to the impact of flooding and the potential of black ice on the ground.*

*A key part of the recovery phase following a flood includes cleaning and drying your home or property to check for any health harms as a result. Floodwater can contain hidden dangers and health hazards which are harmful to both humans and animals. When cleaning up a home affected by floodwater, we advise you wear protective or waterproof clothing to avoid exposure to floodwater. If you're starting to clear up after the floods, the Public Health team have made a leaflet filled with advice for keeping safe and well: [Flooding Keeping safe and well.pdf \(westberks.gov.uk\)](#)*

*There is still some wet weather to come over the next few weeks so now is the time to get prepared. You can learn more about how to prepare for and deal with flooding [here](#). You can also [check for flood alerts online and sign up to receive flood warnings](#) for your area. Please report any problems for West Berks teams to address [here](#).*

**Fiona Simmonds**

**Education Service  
West Berkshire Council**

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## Snug and Grub Catch a Bug!

Puppet Theatre

Mon 12 Feb | 11am & 1pm | Adult £10, Child £7

Snug and Grub live safely underground in their earthy heap. One day they pop out from under a rock to see some googly eyes peering through the leaves. What on earth is it? Can they catch it before some more holes appear in their bean plant?

Join Garlic Theatre for this funny, bug-tastic adventure, with clowning, a beautifully crafted set, colourful puppets and foot tapping music.

Suitable for 3 – 8 year olds but younger and older children are welcome.  
Under 2 years free with a paying group.

Shaw House is open to the public every weekend from 10 Feb to 29 Sept 2024, 11am - 4pm and on weekdays during school holidays at 10am - 4pm.

## Movie in the Hall

The Secret Life of Pets

Tues 13 Feb | 10.30am | Adult £5, Child £3

Max, a pet dog, is not very pleased when his master brings home another dog named Duke. However, they set aside their differences after they learn their owner is in danger!

The café will be open serving cinema sweets and treats.

## Family Activity Day

Art from the Heart

Wed 14 Feb | 10am - 3pm | £2.50 | Drop-in

Decorate a wooden heart with paint pens. A new House trail will be available too.

Suitable for 7-11 year olds but younger and older children are welcome.



Shaw House, Church Road, Newbury RG14 2DR | 01635 279279  
[www.westberkshireheritage.org/whats-on](http://www.westberkshireheritage.org/whats-on)

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## February Half Term

### LGBTQ+ Family Morning

Mon 12 Feb | 10.30am - 12pm | Free, pre-book

Join us for a relaxed morning in the Museum's Long Room, providing a safe space for local LGBTQ+ families to meet one another and be involved in a creative activity.

Members of the Newbury Pride committee will be on hand to answer questions and to deliver the craft session.

There will be refreshments available in the café. On Mondays, the Museum is closed to the public so refreshments will be limited and self-service (free).

The craft is aimed at children 7-12 year olds but younger and older children are welcome. Children must be accompanied by an adult. Pre-book online.



### Family Art Workshop

Tues 13 Feb | 10am - 12.30pm | £13, pre-book

#### Heroes and Villains of the Ages

Join Armadillo Art Experience to learn the skills you need to draw caricature portraits of heroes and villains from across the Ages, from Elizabeth I and Boudicca to John Winchcombe.

All materials included. Suitable for 7 years +

### Messy Museum Day

Fri 16 Feb | 10am - 3pm | £2.50, drop-in

#### Curious Cats

Make an Ancient Egypt inspired cat out of air-drying clay then paint it black with lots of gold details.

Suitable for 7-11 year olds but younger and older children are welcome.



West Berkshire Museum, The Wharf, Newbury RG14 5AS | 01635 519562  
[www.westberkshireheritage.org/whats-on](http://www.westberkshireheritage.org/whats-on)