

**Newsletter** 



Thank you for your generosity and kind donations towards our Christmas Raffle and Bingo prizes.

This year, we have special Advent Calendars in each class to promote our children's love of reading and our kindness Elf will help us to understand that this season is all about family, belonging and kindness.

We are looking forward to you joining us for the Christmas events and performances planned for the next 3 weeks.





Head Teacher - Mrs J. McCallum admin@sacredheart.liverpool.sch.uk www.sacredheartliverpool.school

DATES TO REMEMBER:

6TH DEC— ADVENT SERVICE MET CATHEDRAL KS2

11TH DEC— REINDEERS VISITING

13TH DEC— XMAS JUMPER & XMAS DINNER

14TH DEC— CRAFT NIGHT

15TH DEC—EYFS ADVENT PERFORMANCE

9.30-10.15AM

18TH DEC—K\$1 ADVENT PERFORMANCE

2.30PM

19TH DEC CHRISTINGLE LED BY ALL CHILDREN AT SACRED HEART CHURCH 2.30PM

21ST DEC—LAST DAY OF TERM— FINISH 12.30

**8TH JAN RETURN** 



This week in assembly we learnt about saving the Antarctic and our UN Rights of the Child focus

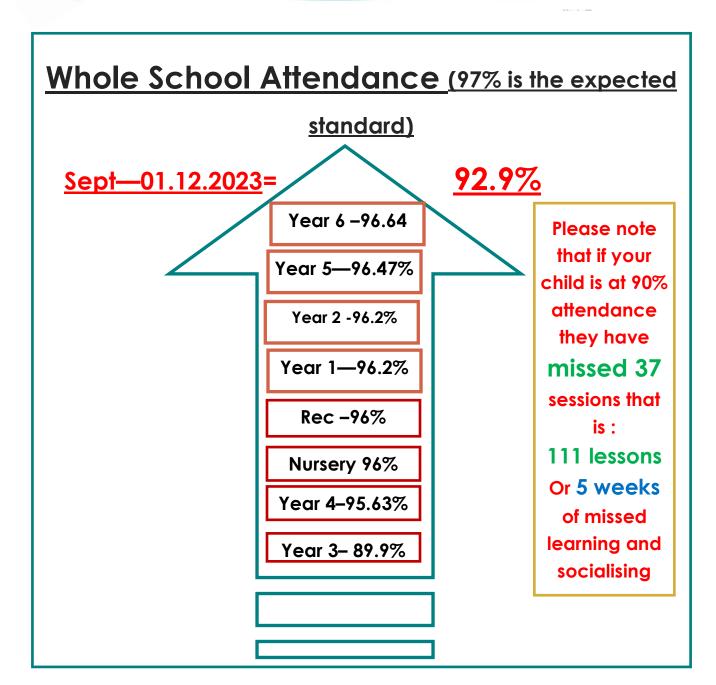






As part of our education, we should be taught to live peacefully and protect the environment.





Qur learning....









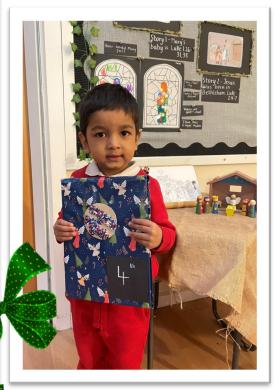
















Royal Life Saving Society UK issues winter water safety advice

#### **Urgent Winter Water Safety Message**

RLSS UK offer safety advice for winter water safety, with simple steps to keep safe during the winter:

- 1. Never go onto the ice to play, to retrieve an object, or a pet
- 2. Never enter the ice to rescue somebody, call 999 and ask for the Fire and Rescue Service What to do if you fall through the ice:
- Keep calm and shout for 'help'
- Spread your arms across the surface of the ice in front of you
- If the ice is strong enough, kick your legs to slide onto the ice
- Lie flat and pull yourself towards the bank
- If the ice breaks, work your way to the bank-breaking the ice in front of you anyway
- If you cannot climb out, wait for help and keep as still as possible. Press your arms by your side and keep your legs together. Keep your head clear of the water

Once you are safe, go to hospital immediately for a check up

#### What to do if you see someone fall through the ice:

- Shout for assistance and phone the emergency services call 999 or 112
- Do not walk or climb onto the ice to attempt a rescue
- Shout to the casualty to 'keep still' and offer reassurance to keep them calm
- Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach
- When reaching from the bank, lie down to avoid being pulled onto the ice
- If you cannot reach them, slide something which floats, such as a plastic bottle or football, across the ice for them to hold onto to stay afloat whilst help is on the way

If the casualty is too far away, do not attempt to rescue them. Wait for the emergency services while calming and reassuring the casualty

https://www.rlss.org.uk/winter-water-safety

Winter water safety | Staying safe on our canals | Canal & River Trust (canalrivertrust.org.uk)



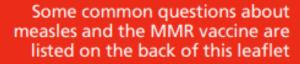
- measles outbreaks happen when not enough children have been vaccinated
- measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain.
  Measles can kill
- your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection

- if your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible\*
- if you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- if you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected

<sup>\*</sup>In response to a local outbreak then the 2 doses can be given one month apart from the age of 18 months.



the safest way to protect your child







## Answers to some common questions about measles and the MMR vaccine

#### Why are we seeing these outbreaks of measles?

Measles is a highly infectious disease, spreading quickly from person to person, especially in schools. A child with measles will infect almost all unprotected children they have contact with. Since the end of 2017 there has been an increase in measles globally which has affected the UK. This has resulted in some spread into wider communities, in particular in undervaccinated groups.

### When are the MMR vaccinations usually given?

The best times are between 12 and 13 months of age and again at 3 years and 4 months, with one dose on each occasion. But, if your child wasn't vaccinated then, they can be vaccinated at any age with 2 doses one month apart.

#### Will there be any side effects to the vaccination?

Your child may get the symptoms of measles, mumps and rubella for up to 6 weeks after the vaccination but in a very much milder form. This proves that the vaccine is working and your child is building up resistance to future contact with the viruses that cause the 3 diseases. Not all children show these symptoms but that doesn't mean the vaccine isn't working.

# Should parents in outbreak areas get vaccinated against measles?

As with many diseases, once you have had measles, you don't catch it again because you have built up a natural resistance to it. So, if you've had measles or 2 doses of MMR vaccine you do not need to get vaccinated now.

For more information about measles and MMR go to www.nhs.uk/conditions/measles/

