



St Joseph's Catholic Primary School

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School X - @StJosephsLeigh

Friday 1st December 2023

NEWSLETTER - Autumn 2 Week 5

Dear Parents/Carers,

Keeping well for Christmas

As we enter into the Winter season, common illnesses can keep children away from their classmates, schoolwork and festive activities. One of the best things we can all do to avoid illness is to practice good hand hygiene.

Good hand hygiene helps stop infections from spreading, which means less disrupted learning time.

Teach your child to wash hands properly for 20 seconds and stay away from others when sick. The [e-bug resources](#) for all ages can help you to explain and discuss hygiene habits – and why they are important - to your child.

To avoid catching bugs or passing it on to others wash your hands frequently and thoroughly with soap and warm water. This is most important following an episode of diarrhoea or vomiting, after using the toilet, before eating or preparing food, after changing nappies, as well as cleaning up vomit or diarrhoea. Alcohol-based hand sanitisers are not effective against some infections.

Anyone who has diarrhoea and/or vomiting should stay at home. Do not return to work or send children to school until 48 hours after the symptoms have stopped and do not visit your GP or hospital while symptomatic. If you are concerned about your symptoms, talk to your GP by phone, contact NHS 111 or visit the [NHS web pages](#). For useful handwashing tips please have a look at the [following NHS video](#)

The season of Advent

My thanks goes to Mrs Pauline Aspden who has made each class an Advent Wreath. Mrs Aspden does this every year without fuss, along with organising the Travelling Cribs, which go home to all our families. She really is an unsung hero. Father Kieran came into school this morning and gathered together with the Mini Vinnies to bless each class wreath. Advent really is an important and special part of the Liturgical year when we prepare for the coming of Baby Jesus.

The month of December at St Joseph's

As the last few weeks of this Autumn term are very busy, I have attached a visual timetable for you to consult. Quite a few parents told me they liked this last time I did it. If you have any questions or queries please do not hesitate to contact school via telephone or email, see the top of this letter.

Yours sincerely
Miss Daley
Headteacher