



**St James' Church of England Junior School**  
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*"With exploring minds, and faith, we achieve our challenging goals."*

Newsletter Issue no. 14  
w/c 8 January 2018

*Welcome to this week's newsletter*



#### **TUMMY BUGS**

We've had some cases of sickness and diarrhoea in school over the last couple of days. As these bugs are extremely contagious, we need your help to try to stop it spreading.

- ⇒ Please remind your child about the importance of always washing their hands before eating and after using the toilet.
- ⇒ Children with diarrhoea and/or vomiting should be kept at home and need to be symptom free for **48 hours** before returning to school.



### Important Information from Public Health England & NHS England North — Measels Outbreaks

There is an increase in measles in Liverpool and Leeds and some countries across Europe, affecting young unimmunised children. Measles is highly infectious. It can cause serious illness and can sometimes be fatal. Vaccination with 2 doses of MMR is the safest way to protect children and young people.



The first MMR vaccine is given to toddlers at the age of 13 months and the second vaccine at around 3 years and 4 months before your child goes to school. MMR can be given to older children, teenagers and young adults if they missed their injections when they were younger. **Contact your GP practice if your child needs an MMR vaccine.** The vaccine is free. If you are not sure if your child needs an MMR vaccine, you can contact the GP practice to ask.

Measles is not just a little kid's problem. Teenagers, young adults and anyone who has missed their MMR vaccination can get measles. The first signs of measles are fever, cough, runny nose and red sore eyes. After a few days, a spotty rash will appear. It starts on the face and neck before spreading to the rest of the body.

### Year 3/4 visit to Senhouse Roman Museum

⇒ Class 1 will visit the museum on Wednesday 10th Jan

⇒ Classes 5 & 6 will visit the museum on Thursday 11th Jan



Uniform is not required for this visit but a packed lunch is. If you would like school to provide your child with a packed lunch, please return the completed order reply slip by Tues 9th January. Payment for the visit can be made online with Parentmail.

### Mobile Phones

Recently we have had an increased amount of mobile phones coming into school. Due to the potential risks to e-safety that a modern mobile brings, and the prospect of expensive phones being damaged on site, we ask that families follow school policy in not allowing children to bring mobiles to school.



Thank you for your support on this matter.

### PARKING

Please take care when parking outside school to drop off or pick up your child. We received several complaints before Christmas about the number of parents' who disregard parking rules and regulations on the double yellow lines and zig-zags outside school.



**These regulations are in force to protect YOUR child, please don't ignore them!**

As ever, do not hesitate to contact me if you have any concerns about any aspect of school life.  
Mr Beattie



## After School Activities taking place this half term ...

- ◆ **Y3/4 Gymnastics @ Whitehaven Sports Centre** starting Monday 8th Jan, 3.10 - 4pm for 11 weeks. \*\*Please collect your child from the Sports Centre at 4pm prompt. Any children not collected will be escorted back to school.
- ◆ **Y4/5/6 Lego Club with Mrs Gracey - Mon 8th & Mon 15th Jan**, last 2 sessions before the competition on Wed 17th Jan 3.15 - 4pm
- ◆ **WHYP Climbing Club**—for selected children. Commences Tuesday 9th Jan 3.10—4.45 pm for 6 weeks. Children will be escorted to Whitehaven Harbour Youth Project after school. \*\*Please collect your child from WHYP at 4.45 pm prompt\*\*.
- ◆ **Y3/4 Taekwon-do (in school)** starting Wednesday 10th Jan 3.10 - 4pm for 5 weeks.
- ◆ **Sing Squad (in school)** - starting Wednesday 10th Jan weekly 3.15—4.15pm until further notice.
- ◆ **Booster Groups with Mrs Glaister & Mrs Brown** - starting date to be confirmed.

## Key Dates

Monday & Thursday afternoons weekly	Guitar lessons with Mr Curzon
Friday mornings weekly	Keyboard lessons with Mrs Bailey
Tue 9th Jan	Classes 1 & 2 swimming for 10 weeks, last session Tues 20th March
Wed 10th Jan p.m.	Classes 5 & 6 Taekwon-do
Thu 11th Jan 2.30pm	Kid Safe Drop-in session for Y3&4 parents
Wed 17th Jan	Lego club competition

Wk 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1</b>	Spaghetti / vegetarian bolognaise with garlic bread	Margherita/ pepperoni pizza (wholemeal base) with potato wedges and baked beans	Sausage/ vegetarian sausage with mashed potatoes, carrot and turnip	Roast beef with Yorkshire pudding, stuffing, potatoes, carrots and sweetcorn	Breaded southern style chicken breast with chips and baked beans
<b>CHOICE 2</b>	Chicken casserole with mashed potatoes and mixed vegetables	Salmon nibbles with potato wedges and red cabbage	Chicken/Quorn curry with rice and naan bread	Vegetarian roast dinner	Sweet tomato pasta with garden peas and garlic bread
<b>CHOICE 3</b>	Filled jacket potato with a choice of fillings > Cheese > Tuna > Beans	Filled jacket potato with a choice of fillings > Cheese > Tuna > Beans	Filled jacket potato with a choice of fillings > Cheese > Tuna > Beans	Filled jacket potato with a choice of fillings > Cheese > Tuna > Beans	Filled jacket potato with a choice of fillings > Cheese > Tuna > Beans
<b>DESSERT</b>	Fruity flapjack with custard	Chocolate and mandarin sponge with custard	Jelly and ice cream	Iced sponge cake	Fruity muffin

If you have any questions about food allergens, please phone us to speak to the kitchen team who will be happy to provide more information.