

COOKING CLUB



We wrapped up cooking club with a fun, chocolatey bang! Halloween muffins, music, and a messy kitchen - it was a great way to end the term. Sometimes, the best baking sessions are the ones that leave a little chaos behind!



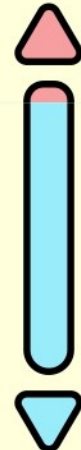
Next term's Christmas cooking club on Mondays and Tuesdays will be perfect for getting into the holiday spirit.





Ways to Wellbeing

w/c 21st Oct 2024



10



Actively care for others

We've now reached the end of the 10-a-day. How many do you do each week?

10. Actively care for others

○○○

As well as looking after ourselves, it is important to look out for other people – both people we do & don't know.

Why?

- It helps other people feel happy and supported
- It makes YOU feel good too!

Can you volunteer or raise money for a charity that helps people in need?

○○○ Caring & being a good friend

What about the people you see every day – how can you show them that you care?

How can you be a good friend?

Can you...

- Make a picture or a card for your teacher
- Pick some flowers for your parents
- Make a cake for your neighbours
- Ask to play a game with someone lonely in the playground

'10 a day' choices towards balancing our mental health



1 Talk about your feelings



2 Do something you enjoy and are good at



3 Keep yourself hydrated



4 Eat well



5 Keep active in mind and body



6 Take a break



7 Stay connected to those you care about



8 Ask for help



9 Be proud of your very being



10 Actively care for others

If you need support for your mental health, please speak to a trusted adult at school or at home.

Call 111 and select option 2 for mental health. In an emergency, call 999.



PLAYZONE

Playzone After School Club Nov 24

Costs 3.30pm - 4pm £4.50

3.30pm - 5pm £7.00

3.30pm - 6pm £8.50



3.30pm – 3.45pm Registration

3.45pm – 4pm snack

4pm – 5pm chosen activity

5pm – 5.45pm indoor play

5.45pm – 6pm tidy up

6pm Close.

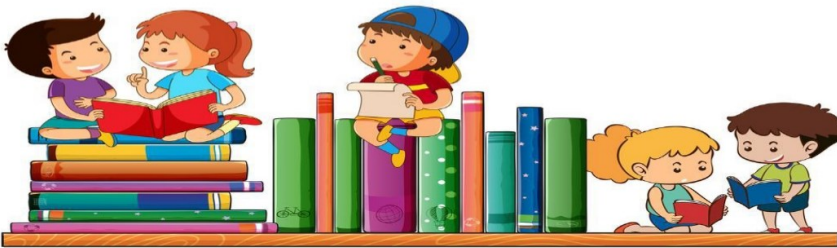
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 th Nov	Snack Free play	Snack Free Play	Snack Cooking (Cookies)	Snack Movie Night	Snack Craft
11 th Nov	Snack Free play	Snack Free play	Snack Crafts	Snack Cooking (Flapjack)	Snack Movie Night
18 th Nov	Snack Free play	Snack Free play	Snack Movie Night	Snack Crafts	Snack Cooking (Krispie Cakes)
25 th Nov	Snack Free play	Snack Free play	Snack Cooking (Ginger Biscuits)	Snack Movie Night	Snack Crafts

Playzone After School Club Dec 24

Costs 3.30pm - 4pm £4.50

3.30pm - 5pm £7.00

3.30pm - 6pm £8.50



3.30pm – 3.45pm Registration

3.45pm – 4pm snack

4pm – 5pm chosen activity

5pm – 5.45pm indoor play

5.45pm – 6pm tidy up

6pm Close.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 nd Dec	Snack Free play	Snack Free Play	Snack Crafts	Snack Movie Night	Snack Cooking (Sponge Cakes)
9 th Dec	Snack Free play	Snack Free play	Snack Cooking (Christmas Pastry)	Snack Cooking (Christmas Pastry)	Snack Cooking (Christmas Pastry)
16 th Dec	Snack Pizza	Snack Pizza	Snack Pizza	Snack Pizza	Snack Pizza

Outdoor activities will take place every night weather permitting.



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.