

Tuesday 16th April 2024

Dear Parents/Carers,

I hope this newsletter finds you well? We have enjoyed a lovely week here at Hornbill School – your children have been delighted to share their adventures with us and clearly enjoyed the two week holiday. They have returned confident and ready to learn as we embark on our final term this year.

Year 5 Science Expo and Year 3 Launchpad – Thank you to all of our Year 5 parents for their support at last week's Science Expo by Year 5, sharing the children's hard work exploring the theme of Space. I really enjoyed listening as the children shared their learning journeys with you and was so impressed by their knowledge and hard work throughout this topic. I would also like to thank our parents for their attendance at the Year 3 Launchpad yesterday, sharing this term's work on the Egyptians. Great fun was had by all building pyramids and exploring this exciting topic.

Please do check the dates at the end of this letter for information about further open mornings and afternoons by other year groups to share in children's learning...



Purple Up Day - The Month of the Military Child is observed and celebrated in April each year to recognize and honour the sacrifice and resilience of children who grow up in military families. To celebrate our fantastic children, we believe that a family picnic would be a lovely way to celebrate!

Parents and carers will be warmly welcomed to our school site from midday to collect their child from the classroom and then have a picnic within our lovely school grounds (we would ask that the picnic is shared within school as this is a community event rather than taking them off of site to eat). If you would like to pack some lunch to share as a family along with a picnic blanket or chairs, we would love to see you! If you are able to attend, your child will not need to bring a separate lunch with them – they can join you for the picnic as their lunch that day. When you collect your child or children, you will be asked if you would like to take your child home with you following the picnic or if your child will return to class with their teacher at the end of the picnic.

All of our children will take part in the picnic – so please don't worry if you are unable to attend – they will enjoy their packed lunch as part of the picnic with members of our staff team and their friends.

We would like to encourage everyone attending to wear purple (as this combines the various colours associated with different branches of the military) or, if you do not have purple, then the colour yellow for a dandelion, the official flower of the military child, acknowledging the facts that Dandelions can take root and flourish practically anywhere the wind blows them. Children are permitted to attend school for the day in these clothes, instead of their school uniform, if they would like to.

As always, if your child usually travels home by bus but will not require it on the day of the picnic, please remember to inform the bus supervisor in advance. If you have any questions, please don't hesitate to contact us.



Clubs – A clubs’ letter will be sent home this week. Our clubs are reliant on volunteers and, with a very busy term for our teaching team (we write the annual reports this term) we are sadly only able to offer a smaller number of clubs this term. I am currently exploring external club providers who may be able to offer clubs here at school but must make you aware that there is likely to be a charge for external services.

With warm regards,



Mrs C. Neal, Headteacher

UPCOMING EVENTS

Thursday 18th April – Y2 Parent Open Morning 08.00 – 09.00

Friday 19th April – Y6 Parent SATs meeting 08.00

Thursday 25th April – Year 2 Friendly Football Match and sharing visit with pupils from Y2 International School Brunei here – more details to follow

Friday 26th April – Purple Up Day Picnic and Non-uniform day (picnic with families starts at 12.00)

Tuesday 30th April – BJSL Swimming Gala – Years 4,5 and 6

Tuesday 7th May – FS2 Parent Open Morning 08.00 – 09.00

Tuesday 7th May – FS1 Parent Open Morning 9.45 – 10.45

Wednesday 8th May – Yr 4 Parent Open Morning 08.00 – 09.00

Monday 13th – Thursday 16th May – Yr 6 SATs week

Friday 17th May – Pyjamarama Day (our children will spend the day reading, enjoying, and sharing stories all in the comfort of their pyjamas to raise vital funds to support reading).

Tuesday 21st May – Y6 Open Morning – 08.00 – 09.00

Wednesday 22nd May – Years 1, 2 and 3 Sports Day – 08.00 – 10.30

Thursday 23rd May – Years 4, 5 and 6 Sports Day – 08.00 – 10.30

Friday 24th May – Non-pupil day (staff training)

Mon 27th – Friday 31st May – Half Term Holiday



Celebrating Our Differences

Information Sheet 6.



Asthma

Asthma can start at any age, but it most commonly starts in childhood. At least 1 in 10 children, and 1 in 20 adults, have asthma. In an asthma attack the muscles of the air passages in the lungs go into spasm and the linings of the airways swell. As a result, the airways become narrowed and breathing becomes difficult. Asthma is a common long-term condition that can cause coughing, wheezing, chest tightness and breathlessness. The severity of these symptoms varies from person to person. Asthma can be controlled well in most people most of the time, although some people may have more persistent problems. Occasionally, asthma symptoms can get gradually or suddenly worse. This is known as an “asthma attack”, although doctors sometimes use the term “exacerbation”. Severe attacks may require hospital treatment and can be life threatening, although this is unusual.

Causes

Asthma is caused by inflammation of the small tubes, called bronchi, which carry air in and out of the lungs. If you have asthma, the bronchi will be inflamed and more sensitive than normal. When you come into contact with something that irritates your lungs – known as a trigger – your airways become narrow, the muscles around them tighten, and there is an increase in the production of sticky mucus (phlegm).

In young pre-school children, wheezing is usually brought on by a viral infection – causing a cold, ear or throat infection. Some people call this ‘viral-induced wheeze’ or ‘wheezy bronchitis’, whilst others call it asthma. Most children will grow out of it, as they get to school age. In older children, viruses are still the commonest cause of wheezing. But other specific triggers may also cause an asthma attack such as:

- An allergy, eg animals
- Pollens and mould particularly in hay fever season cigarette smoke
- Extremes of temperature stress
- Exercise (However, sport and exercise are good for you if you have asthma. If necessary, an inhaler can be used before exercise to prevent symptoms from developing).

The reason why some people develop asthma is not fully understood, although it is known that you are more likely to develop it if you have a family history of the condition. Asthma can develop at any age, including in young children and elderly people. Symptoms The symptoms of asthma can range from mild to severe. Most people will only experience occasional symptoms, although a few people will have problems most of the time.

The main symptoms of asthma are:

- wheezing (a whistling sound when you breathe)
- shortness of breath

- a tight chest – which may feel like a band is tightening around it
- coughing

These symptoms are often worse at night and early in the morning. They may also develop or become worse in response to a certain trigger, such as exercise or exposure to an allergen.

Treatment

If you have asthma you should be able to lead a full and unrestricted life. For most people, treatments are effective and should enable you to keep the condition under control. Inhalers
Asthma medicines are usually given by inhalers – devices that deliver medication directly into the lungs as you breathe in. This is an effective way of taking an asthma medicine as most goes straight to the lungs, with very little ending up elsewhere in the body. Each inhaler works in a slightly different way. You should have training from your GP or nurse in how to use your device or how to help your child use theirs. This should be checked at least once a year. Spacers Pressurised canister inhalers can work better if given through a spacer – a hollow plastic or metal container with a mouthpiece at one end and a hole for the inhaler at the other. When using a spacer, the vapour from the inhaler is released into the container, where it is held while you breathe in slowly and progressively until your lungs are full. You should then hold in your breath before relaxing so the vapour has time to settle in your lungs. This can make the medication more effective because much more of it reaches your lungs and much less stays in your mouth or is swallowed, where it has no effect on your lungs but is more likely to cause possible unwanted effects. Once you've been discharged from hospital, you may find your symptoms persist for several days or weeks after. This is not uncommon, however if you are worried about this at all, seek help from your GP. They should have all the information regarding your treatment in hospital. If you have been issued with medication, it's very important to complete the course.

Who to contact if you are concerned

If you have any concerns about symptoms you should contact the PCMF for advice.

Useful links

NHS Choices www.nhs.uk/conditions/asthma/Pages/Introduction.aspx

Asthma and Lung UK: <https://www.asthmaandlung.org.uk/conditions/asthma/child>