

LETCHMORE

INFANTS' AND NURSERY SCHOOL

Newsletter



Week Commencing 06 October 2025

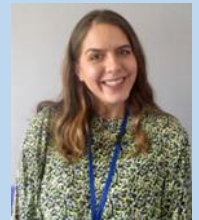
This week from the Headteachers-

It has been wonderful to hear about the incredible progress your children have been making during parent consultation week. We received some lovely feedback from parents following their meetings and saw a great turnout, thank you. Parent partnership is such an important part of school life, and we are looking forward to building on this as the year progresses.

Thank you to everyone who turned the sunshine on with their beautiful yellow outfits and hair accessories for World Mental Health Day.

We hope you have a restful weekend.

Mrs Jo Harding & Mrs Eleanor Williams
Co-Headteachers



Attendance

This weeks overall attendance is:
98.07%

The winner of this week's attendance award is Hummingbird and Tawny Owl with 100%

Please be aware that we have taken into account illness and exceptional circumstances.

Thought of the Week



This month's value:

Enthusiasm and Happiness

What makes you happy?

LATEST NEWS



For all the news on this weeks events in school follow the link below to our 'Latest News' page-
[Letchmore Infants' and Nursery School - Latest News](#)

DIARY DATES



To view the latest calendar please follow the link below-
[Letchmore Infants' and Nursery School - Calendar](#)

IMPORTANT INFORMATION

Cycle to School Week- 13th-17th October

Next week is Cycle to School Week, a great opportunity to encourage children (and adults!) to get on their bikes and enjoy the benefits of cycling to school.

Cycling is a fun, healthy, and environmentally friendly way to travel – helping to reduce traffic around school, improve fitness, and start the day feeling energised.

We'd love to see as many pupils as possible joining in this week! Whether you cycle every day, scoot part of the way, or try it for the first time, every journey counts.

- ✓ Remember to wear a helmet
- ✓ Check your brakes and tyres before setting off
- ✓ Use lights and reflective clothing if cycling in low light

Let's make next week wheelie great! 🚲



Autumn Term Health and Safety Updates from HCC

Warning – Salt & Ice Challenge

There is currently a dangerous online trend circulating where children and young people put salt on their skin and press ice on top. This can cause serious cold burns like frostbite, and injuries can require hospital treatment and even skin grafts.

Placing salt on skin and then pressing ice on top creates a chemical reaction, rapidly lowering the temperature and causing cryogenic (cold) burns. Children and young people may underestimate the harm as the cold numbs the skin, masking pain until significant damage has occurred.

The risks of this online trend include:

- second- or third-degree burns
- potential need for skin grafts
- lasting scarring
- nerve damage
- impact on wellbeing

Immediate first aid advice:

- Cool the affected area under lukewarm running water for at least 10 minutes
- Do **not** apply ice, creams or fluffy dressings
- Cover with clean cling film or smooth plastic
- Seek medical attention for deep, blistered or extensive burns

Firework Safety this Autumn (Important advice from Hertfordshire Fire and Rescue Service)

For many families' events such as Bonfire Night and Diwali are a highlight of the year, with the skies illuminated by an array of colour and sounds created by firework displays.

If you are planning to enjoy fireworks this autumn, it's best to attend an organised event managed by professionals. It's very easy for a simple fireworks display at home to go wrong. Rogue fireworks can set fire to trees, sheds, fences, and property, and fires caused by fireworks can have devastating effects on wildlife and the environment.

If you are going to use fireworks in your garden, follow fire and rescue service and trading standards advice when buying and setting them off:

- Only buy fireworks from a reputable retailer and make sure they have a CE or UKCA mark

- Keep fireworks in a closed box and remember to read and follow all the instructions on the box
- Don't set off fireworks near trees, sheds, or fences
- Children and pets should be kept indoors at all times
- Fireworks should be lit at arm's length with a taper, you should stand well back, and remember, never go back to a lit firework

If you are thinking about building a bonfire:

- Build bonfires well away from fences, sheds, hedges, and buildings
- Always keep a bucket of water nearby in case your bonfire gets out of control
- Never leave a bonfire unattended
- Make sure you have properly damped out a bonfire before leaving it – they can reignite

How to use your Pharmacy this winter.

Looking after your sick child – help us help you

Having a poorly child can be frightening, and it is sometimes hard to know what to do for the best. If you are concerned about your child's health, visit 111 online at www.111.nhs.uk (for children aged 5 and over) or alternatively call 111 or speak to your local pharmacist or general practice.

Most minor childhood illnesses are caused by viruses and there is a lot you can do at home to help your child to feel better. If you need extra help a pharmacist can help, they are trained to recognise the signs of a more serious illness and will direct you to an A&E if that's the best option for your child.

[Essex Healthier together website](#). There are easy-to follow 'traffic light' descriptions for different illnesses to help parents and carers understand how serious their child's symptoms are and give advice on what to do if symptoms get worse. There is advice on when and how you can treat your child safely at home, and when you need to get urgent help. This website can be translated into other languages, should you need it.

Top advice from experts on looking after a child at home:

- If your child is distressed, you should consider giving them paracetamol or ibuprofen. Use one of these medicines to start and if your child has not improved 2-3 hours later you may want to try giving the other medicine. Do not give more than the maximum daily dose of either medicine (follow dosage instructions on the medicine bottle). Information about the correct dosage of [Paracetamol](#) and [Ibuprofen](#) for your child can be found on the NHS website as well as more information on how to treat the [fever](#).

- Children with a fever should be dressed as normal for the climate they are in. Do not over or under dress them. Fanning your child, cold bathing and tepid sponging/using a damp cloth can cause discomfort so it is not advised
- Encourage them to drink plenty of fluids.
- If a rash appears, do the [glass test](#).
- Keep your baby/child as comfortable as possible.
- Offer them simple food and regular drinks. Where a baby is breastfed, continue breast feeding.
- If they are vomiting, offer small frequent drinks as this is more likely to stay down.
- Keep an eye on your child day and night.
- Fever is common in babies up to 48 hours after receiving immunisations - consider giving regular paracetamol. If your child is due their vaccinations, postpone until after their fever has improved.
- Keep the room they are in airy without being draughty. If the room is too warm, they'll probably feel worse.
- Never fall asleep with a sick baby on the sofa with you, even if you're both exhausted. This increases the chances of [sudden infant death syndrome \(SIDS\)](#).
- If you need to keep your child away from nursery or school while they are unwell and have a fever, please notify the nursery or school.
- If your child is still not improving you can seek help and advice on how to treat their illness from a pharmacist, your health visitor, nurse practitioner, or GP. Use the red, amber, green criteria to guide [Fever / High Temperature :: Hertfordshire and West Essex Healthier Together](#)

If your child is ill, you can also try your local pharmacy. The Pharmacy First programme means that you can get treatment for your child for these conditions without having to go to a GP:

- **Earache** (children aged 1-17)
- **Sore throat** (over 5s)
- **Infected insect bites** (over 1s)
- **Impetigo** (over 1s)

By going straight to your local pharmacy, you can have a consultation with a trained clinical professional and receive advice and even medication if it is needed, meaning they could be on the road to recovery and back at school as soon as possible, no waiting for an appointment at your GP practice.

Remember that you know your child best. If you are not sure whether your child is seriously unwell, call 111 or your GP for advice. If you think your child is seriously unwell [call 999 for an ambulance or go to your nearest A&E department](#).

American Sweets – Important advice from Trading Standards

🚫 Sweet but Dangerous? Think Before You Treat! 🍬 🍷

Trading Standards and Public Health are sounding the alarm on a worrying trend: imported sweets and fizzy drinks from the United States and Far East are popping up in UK shops — and some of them are not legal for sale here.

Why? Because they contain banned ingredients and additives linked to serious health risks like heart issues, organ damage, and even cancer.

Watch out for these harmful substances:

- Brominated Vegetable Oil (BVO) – banned due to its toxic effects.
- E127 / Erythrosine (Red 3) – linked to cancer in animal studies.
- Mineral Oil – risk of contamination with cancer-causing compounds.

- Bleached Flour – banned for its chemical processing.
- EDTA – prohibited in drinks for safety reasons.

👁️ Parents, please check labels carefully before buying sweets or drinks for your children. If you spot any of these ingredients, don't buy it — and report it to:

✉️ tradingstandards@hertfordshire.gov.uk

🚨 Slushie Alert!

The Food Standards Agency now advises that children under 7 should not consume slush ice drinks due to high levels of glycerol, which can cause nausea, headaches, and even unconsciousness in young children.

PTA News



Hello!

Hope the start to the Autumn term has gone well for you all... as ever your PTA are planning and looking forward to lots of events.

Halloween Disco is nearly here!!!!

Ticket sales have moved quicker than a witch on a broom in a strong wind! Payments closed at 1pm today. Thank you to everyone who has purchased a ticket, we look forward to lots of spooky fun and dancing. If you have missed out but would like a ticket, can no longer attend or want to be added to a waiting list for the sold-out slots, just email us at: PTA@letchmore.herts.sch.uk.

Open evening for new parents.

We've all been there... looking around the schools to see if your child wants to attend there. This year the open evening is planned for Wednesday 19th November. There will be a couple of things that the PTA will be running and showing what we do. So, if you have some spare time in the afternoon or early evening, please do get in touch with us and see how you can help out.

Date for the diary.

Thursday 6th November is the PTA AGM. In last week's newsletter, we highlighted all the roles that are available on the committee, but it's more than that. If you are interested in coming along to find out more about the PTA, what they do, and how you can help, please do come along to Rump & Wade, High Street, for an 8.00pm start.

And finally... Thank you again!



Thanks to everyone who has answered the call for help with all we are doing this term and going forward. We hope we have got back to everyone now who has been in touch. We've lots more activities coming up so if you haven't had time this time, please do join the "Friends of Letchmore PTA" WhatsApp group and, even if it is just an hour, your help will be gratefully accepted.





Friends of Letchmore PTA
WhatsApp group



CELEBRATION *Corner*

 <u>Star of the Week</u> 		
Hummingbird Albert for helping others and showing kindness.	Sparrow Aaliyah for listening carefully at carpet time.	Woodpeckers Albie for super dancing.
Starling Sophia for her fantastic blending in phonics.	Wren Harry for always being kind, trying hard and listening well.	Kingfisher Joshua for excellent participation in phonics and some super blending!
Goldfinch Frankie always comes to school with a positive attitude, ready to learn. Well done Frankie!	Chaffinch Yusuf for consistently great sentence writing this week!	Greenfinch Bear for always having a positive attitude to learning and trying his best.
Snowy Owl Jaxon for his lovely explorer writing.	Tawny Owl Naria for working incredibly hard on her reading.	Barn Owl George for always taking great care to produce his best work.

 <u>Good Learning (Growth Mindset)</u> 		
Goldfinch Atharv for stunning sentences and handwriting this week. Keep it up!	Chaffinch August for some excellent sentence writing this week!	Greenfinch Paul for always thinking of his own imaginative sentences and writing them beautifully.
Snowy Owl Rae for her beautiful independent painting.	Tawny Owl Dominion for her amazing Explorer's Club rules.	Barn Owl Anastasia for writing an excellent set of rules for our 'Explorers Club'.



Values Champion



<p>Hummingbird Oscar- Independence For choosing activities and concentrating.</p>	<p>Sparrow Joseph-Independence For following the nursery routine and choosing activities independently.</p>	<p>Woodpeckers Jordan-Respect For listening carefully at carpet time and joining in.</p>
<p>Starling Arlo - Enthusiasm and happiness, for his confidence to give everything a try and do his very best.</p>	<p>Wren Emily- Enthusiasm & Happiness. Always doing her very best no matter what it is!</p>	<p>Kingfisher David- Enthusiasm & happiness -He continued trying until he'd mastered walking on the stilts. He was so happy and beamed with pride.</p>
<p>Goldfinch Betsy - Enthusiasm and Happiness - Betsy is always enthusiastic about our learning and keen to learn new things.</p>	<p>Chaffinch Theo (Love & Care) by helping to be a star-tidier this week!</p>	<p>Greenfinch Jad- Enthusiasm and happiness for always having a smile on his face while we are learning new things.</p>
<p>Snowy Owl Eloise for always being happy and enthusiastic to learn.</p>	<p>Tawny Owl Ollie Love and Care Taking care of his friend when they were nervous.</p>	<p>Barn Owl Bernardo - Enthusiasm and happiness. For always smiling and showing enthusiasm during our lessons.</p>



Sports Achievement



<p>Starling Logan- for travelling around the hall safely and always finding a space.</p>	<p>Wren Fantastic listening and enthusiasm in our nature activities with Sporting Futures.</p>	<p>Kingfisher Raphael-Christian for super listening & joining in all the activities during our nature P.E morning.</p>
<p>Goldfinch Helena for accurate throwing at a target this week. Well done.</p>	<p>Chaffinch August for some super P.E this week!</p>	<p>Greenfinch Aiden for accurate throwing at a target in PE lessons.</p>
<p>Snowy Owl Sarvesh and Ananya for their beautiful movement in dance to recreate Rama and Sita.</p>	<p>Tawny Owl Sophie for her excellent ball skills.</p>	<p>Barn Owl Elizabeth for an excellent demonstration of her throwing and catching skills.</p>



Birthdays

Nursery-

Reception-

Year 1-

Ryder 30th September

Isabella 2nd October

Emilia 2nd October

Year 2-

Sporting Shout Outs & Other Achievements



Denver received a "gymnast of the week" certificate for good listening and hard work in her gymnastics especially with her forward rolls. Well done!



Atharv successfully completed a 20-metre front crawl swim. Congratulations!

If you have any achievements you would like us to share please email admin@letchmore.herts.sch.uk



DSPL2 & IFST
Present

DSPL2

Delivering Special
Provision Locally

FAMILY NETWORK EVENTS

Tuesday 25th November 2025 Peartree Spring Primary School

Tuesday 17th March 2026 Moss Bury Primary School

Tuesday 16th June 2026 Peartree Spring primary School

Come and find out about local support for your family..
Here's what you can expect:

Find out about
local services

Meet other
families

Advice and
support



01438 233900



dspl2@peartreespring.herts.sch.uk



We accept childcare vouchers

Pumpkin Party

Multi-Activity Holiday Camp, Ages 3-14
Mon 27th - Fri 31st October

Neon Party: Dodgeball, Nerf, Laser Tag, Disco

Autumnal Sports

Pumpkin Decorating

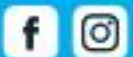
Trick or Treat Talent Show

Mummy Wrap Relay Race

Halloween Fun Day
Potion Making
Apple Bobbing
Fancy Dress Disco

From **£26.50** per day
Plus an early bird discount **15% off**
Ends 15th October
Code: **PUMPKINPARTY**

Bedford, Flitwick, Milton Keynes, Silverstone, Stevenage, Wellingborough



SCAN ME



To find out further information on our camp please see our website
www.sportyscholars.com or Call: **07511 194 319**

Email: hello@sportyscholars.com Ages 3,4 varies on location Ages 5-14 all location





PLACES WHERE KIDS EAT FREE (OR FOR £1) OCTOBER HALF TERM 2025

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free weekdays, 27th - 31st October 2025

BREWDOG

1 Kid eats free with 1 adult. Scotland 13th - 17th Oct
England & Wales 27th - 31st Oct

BURGER KING

From 13th Oct - 2nd Nov, Kids Eat Free (via app)

CHIQUITO

Kids eat FREE Daily 27th - 31st October

COCONUT TREE

Kids eat FREE Daily Mon 27th Oct - Sun 9th Nov 2025

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FARMHOUSE INNS

2 Kids eat free From Mon 6th - Fri 17 Oct
(Scotland) & Fri 17th - Fri 31 Oct (England & Wales).

FLAMING GRILL

1 Kids eats free, Mon 13th - 20th Oct (Scotland) &
Mon 20th - Fri 31 Oct (England & Wales)

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HUNGRY HORSE

2 Kids eat free From Mon 6th - Fri 17 Oct (Scotland)
& Fri 17th - Fri 31 Oct (England & Wales),

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for free with 1 adult breakfast

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

DSPL2

Delivering Special
Provision Locally



Family drop in surgery

These are face to face, or online appointment sessions, where families can receive guidance, support and signposting on various SEN topics: navigating school issues/accessing community activities and resources.

When:

Thursday 16th October 2025

30 minute appointment slots will be available between 9:15am-11:15am

[Book via DSPL2 Eventbrite](#)

If you have any questions email: dspl2@peartreespring.herts.sch.uk

Face to face appointments will be held at
The Oak Suite, Peartree Spring Primary School,
Hydean way,
Stevenage,
SG2 9GG.