

**4th March 2022**

**Dear Parents and Carers,**

### **Book week**



Very excited this week to celebrate world book week. Children have participated in a variety of book related activities such as making a book character costume out of a plastic bin bag, going on an author hunt and making a potato book character and the purpose is to gain more interest in reading. Don't forget to keep reading at home so you can meet your monster reading challenge at the end of the term and earn your weekly class reward! We look forward to published poet Ian Bland visiting our school on March 14th who will be working with each year group.

### **Safeguarding Young Children On-line**

This week Mrs Rashid organised an online Digital Safeguarding Workshop for parents/carers. the session was lead by Katherine Howard from Smoothwall and E-safe. Thank you for all those who attended - it is so important to understand the dangers and the positives of social media usage.

### **Remembering Mohammed Hassan**

Thank you to all our families and staff for their monetary contributions the total amount raised was £485. This money will be sent onto the charities that supported Hassan and his family. He will be in our hearts forever.



### **Qualifications for Unemployed Young People**

GMFRS will be delivering The Prince's Trust Team Programme for young people aged 16-25 to gain qualifications. The next team will run from 16 May 2022 for 12 weeks at Oldham Community Fire Station, Lees Road, Oldham OL4 1JN

Please see attached a poster to sign post young people to attend.

More information is available from Rebecca Sutherland at Fire Service Headquarters

### **NHS Support**

The NHS Healthy Start scheme is now digital and wish to share this information with our families.

Attached is the NHS Healthy Start leaflet and some A4 posters. Other materials can be downloaded from:

<https://www.healthystart.nhs.uk/>





### Spelling Shed Winners

LOOK at the top spellers from each class this week, they will be awarded with 5 dojo points each!

Well done if you have been practising lots at home!

Year 3

Class 1 - 'Jean Katze'

Class 2 - 'Miller Graven'

Class 3 - 'Sydney Kodama'

Please make sure your name is correctly shown and nick names are not ticked on your account.

Year 4

Class 4 - 'Ash Paylor'

Class 6 - Aleena Ali

Year 5

Class 7 - Fiza Zahra

Class 8 - Muhammed M

Class 9 - Khadija Y

Classes 5, 10, 11 and 12 have not had any children on Spelling Shed this week - let's pick up the practice!

### TT Rockstars - CELEBRATIONS!



The most accurate Class	Class 11
The most active class	Class 6
The most improved child	Zureeshee Mudassar Class 5
The most active child	Jasmina Cueru Class 4

### ATTENDANCE

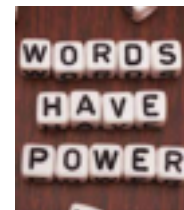
Well done to classes 8 and 10 for achieving over 96% attendance in the last week before the holidays.



Over the next few weeks we will be celebrating children who have made the most improvement in their attendance. These children will of course be presented with a certificate.

### Word Aware

This week's word is 'Darting'. Please encourage your child to use this word when out and about and complete the activities, which Miss Varley will share on Class Dojo.



### COVID UPDATE

Following the recent changes in guidance announced by the government on 21<sup>st</sup> February, we would like to clarify what you need to do if your child becomes ill.

From 24<sup>th</sup> February 2022, the legal requirement for people with COVID-19 to isolate ended. However, the Public Health and Government advice remains the same: if anyone has the main symptoms of COVID-19 or a positive test, they should stay at home and avoid contact with other people. If you have any symptoms of COVID-19 you are still advised to take a test.

The main symptoms of COVID-19 are:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

We therefore remind you not to send your child into school if they have any of the symptoms of COVID-19, or if they have tested positive. If we feel your child has any of the 3 main symptoms of COVID-19, in order to protect the other pupils and staff, we will ask you to collect them. If your child tests positive they are advised to stay at home for at least five full days, and return when they have two negative LFD tests on consecutive days.

Thank you for your support in helping to keep our school safe.

### COVID Test results - REMINDER

A reminder to parents to send any results to us directly regarding COVID test results. This email is [covid@alexandrapark.oldham.sch.uk](mailto:covid@alexandrapark.oldham.sch.uk)



We thank all parents for the immediate responses we have had. You have certainly worked with staff to support the safety of children and staff with high levels of communication.



GREATER MANCHESTER  
FIRE AND RESCUE SERVICE



Prince's Trust

## ARE YOU 16-25 AND UNEMPLOYED?

Greater Manchester Fire & Rescue Service are delivering The Prince's Trust Team programme.

We're offering young people aged 16-25 the chance to gain qualifications and take part in something challenging and rewarding.

Take part and gain the following: -

- Manual Handling/Health and Safety Certificate
- Level 1 Food Hygiene
- First Aid at work
- Personal, Employability, Achievement and reflection for Learning (PEARL)
- Prince's Trust Certificate
- Teamwork & Community Skills
- 2-week work experience

The next course will be running from -  
16/05/2022 lasting for 12 weeks  
At Oldham Community Fire Station  
Lees Road, Oldham, OL4 1JN

For more information, please contact Rebecca Sutherland on 07734 275666

Email [sutherlandr@manchesterfire.gov.uk](mailto:sutherlandr@manchesterfire.gov.uk)



**PREVENTING PROTECTING RESPONDING**

[www.manchesterfire.gov.uk](http://www.manchesterfire.gov.uk)



## What can I buy?

### Fruit and vegetables

#### ✓ They can be:

- fresh, frozen or tinned
- whole or chopped
- packaged or loose
- fruit in fruit juice
- fruit, vegetables in water
- fresh, dried or tinned pulses

#### ✗ They cannot:

- have added ingredients like fat (oil), salt, sugar or flavourings
- be juiced or pre-cooked
- be fruits in syrup
- be smoothies

### Plain cow's milk

✓ This needs to be plain cow's milk, which is pasteurised, sterilised, long-life or ultra-heat treated (UHT).

#### ✗ It cannot be:

- flavoured
- coloured
- evaporated
- condensed
- plant-based milk
- powdered (unless it's stage one infant formula)

### Infant formula

- ✓
- Stage one only (first infant formula)
  - made from cow's milk
  - nutritionally complete.

#### ✗ It cannot be:

follow-on formula or milk ('from 6 months', or 'from 6 to 12 months').

### Healthy Start Vitamins

You can use your Healthy Start prepaid card to show proof of eligibility to collect Healthy Start vitamins.

Find your nearest vitamin provider on the Healthy Start website.

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit:

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Or call us on **0300 330 7010**

Our contact centre is open Monday – Friday, 8am – 6pm (except public holidays)



Follow us on Facebook and Twitter  
**@NHSHealthyStart**

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# Healthy Start

Get help to buy food and milk



## What is NHS Healthy Start?

If you're pregnant or have children under the age of 4 you can get payments every 4 weeks to spend on:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses

You can also get free Healthy Start vitamins.

You'll get:

- £4.25 each week of your pregnancy (from the 10th week of your pregnancy)
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

Your money will stop after your child's 4th birthday, or if you no longer receive benefits.



## Who can apply?

You'll qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under 4.







In addition, you must be receiving any of the following:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible for Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week)

## How to apply

-  Visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)
-  Fill in the online application form
-  Receive your pre-paid card in the post
-  You'll need to activate your card to get your PIN before using it.
-  Shop for healthy food and milk in most retail stores that sells the eligible food and milk items and accepts Mastercard® payments.
-  You'll need to insert your card into the card reader and enter your PIN when you make your first transaction.

Your card will be topped up with your benefit every four weeks.

You can also use your card to show proof of eligibility to collect free Healthy Start vitamins.





**If you're pregnant or have  
children under the age of 4,  
you could get help to buy  
food and milk**



**Apply online to get  
your prepaid card.**

**[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)**

**  @NHSHealthyStart**



# Are you pregnant or have children under the age of 4?

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

  @NHSHealthyStart





# Need help applying for the Healthy Start scheme?

If you're eligible, we can help you apply.  
For more information, just ask a member of our team.



[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

  @NHSHealthyStart