



Newsletter

Wednesday 10th May 2023

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Dear Families,

After School Clubs

Just a reminder that after school clubs always stop at the end of each full term and do not run over to the following term. New clubs usually start a couple of weeks after each new term starts and you will need to wait until they are launched on Arbor to book places for your children.

Clubs will start again this term on Monday 15th May and run until Friday 14th July. They'll be "live" on Arbor from this Wednesday so you can book places for your children.

Thank you

Smart School Uniform

As you know, we expect all children to wear the correct uniform throughout the year. We believe that this supports good attitudes and self-discipline and helps children to feel proud that they attend Gamesley Primary School.

A reminder that the school dress code is:

Royal blue sweatshirt, cardigan OR fleece	Required	Optional school logo on right-hand side	Branded sweatshirt and cardigan available from school supplier. Royal Blue sweatshirts or cardigans can be bought from regular retailers.	£9.99 (sweatshirt with logo) £10.99 (cardigan with logo) £14.99 (fleece with logo)
Sky blue polo shirt	Required	Optional school logo on right hand side	Branded polo shirts available from school supplier. Sky Blue polo shirts can be bought from regular retailers.	£6.99 (short sleeved with logo) £9.99 (long sleeved with logo)
Dark Grey long trousers, knee length skirt, knee length shorts OR Knee length pinafore	Required	No branding	Available from school supplier and available from regular retailers.	Varies according to supplier
Sky blue and white checked knee length dress.	Optional	No branding	Available from school supplier, second hand from school office and available from regular retailers.	Varies according to supplier

Sensible, flat, waterproof, plain black shoes including plain black unbranded trainers in a smooth, waterproof material.	Required	No branding	Available from regular retailers.	N/A
White grey or black socks / grey or black tights	Required	No branding	Available from regular retailers.	N/A
PE kit (Starts to be worn after Easter holidays in Reception Class)				
Plain T-shirt (can be in house colours)	Required	Optional School logo on right-hand side	Available from school supplier.	£4.99 with school logo / £2.99 without logo
Plain black tracksuit bottoms or shorts with black "skins" underneath	Required	No branding	Available from school supplier or regular retailers.	Varies according to supplier
Plain black long-sleeved hoodie, sweatshirt or fleece with or without school logo	Optional but recommended in cold weather	No branding	Available from Bulldog Fashion or regular suppliers	£14.99 (school provides first one free, either at start of Year 1 or when children join the school)
PE training shoes and change of socks	Required	No branding	Available from regular suppliers	Varies according to supplier
Accessories				
School book bag	Required	Optional school logo	Available from school supplier.	£6.99
School PE bag	Optional	Optional school logo	Available from school supplier.	£4.99

We are always grateful of any donations of good quality second hand uniform, shoes and coats which we send to Hummingbirds in Glossop who then offer them free of charge to families. If you would like support in accessing this service just send a text to or ring Mrs Tammy Snape who is always happy to help.

[New home for The Hummingbird Project in Glossop - Quest Media Network - Tameside Radio, Tameside Reporter, Oldham Reporter, Glossop Chronicle](#)

Thank you

Stars of the Week

Congratulations to our last two weeks' stars who were:

Orchard	Confident	Jack loved our recent trip to Peak Wildlife Park and was very confident with the animals.
Acorns	Honest	Sonia always tells the truth and encourages others to be honest as well.
Birch	Honest	Harvey is an honest, kind and thoughtful member of our class.

Willow	Honest	Harvey is always honest and takes ownership of any mistakes he might make.
Holly	Resilient	Alaska always does her best and never gives up, even when things are tough.
Chestnut	Resilient	Mia learns from her mistakes, doesn't give up and keeps trying until she succeeds.
Elm	Spiritual	Tiana is a reflective person who thinks carefully about what it means to be a good person.
Ash	Spiritual	Robyn is interested in other people's ideas and thinks about how these might influence her own beliefs.
Oak	Spiritual	Lacie knows what is important to her but is also interested in the beliefs and views of others.

Orchard	Independent	Leo has been working hard to get himself ready in the mornings so he arrives at school on time.
Acorns	Patient	Oliva is patient and caring towards everyone and always takes time to listen to her classmates.
Birch	Patient	Charlie is now able to listen patiently to all instructions and take his time to think about them. As a result he can work much more independently.
Willow	Patient	Eliza is such a kind person who is always patient with her classmates.
Holly	Creative	Sienna is a creative thinker who also enjoys creative, artistic activities.
Chestnut	Creative	Flo thinks creatively and is now applying her super ideas to enrich her writing.
Elm	Mindful	Olivia understands that her own actions and behaviour affect others and is always mindful of what she says and does.
Ash	Mindful	Abigail is always mindful of others and respects their ideas and opinions.
Oak	Mindful	Tillie remains calm and focused in every situation and this quality supports her in making good decisions.

Very well done too to our Reading Stars:

Acorns	Dylan is determined to improve his reading and is working hard both in school and at home.
Birch	Ethan has developed a determined and enthusiastic attitude towards his reading.
Willow	Mitziee is working hard to ensure she reads to an adult every day, whether in school or at home.
Holly	Sydney has taken charge of her reading and makes sure she practises regularly.
Chestnut	Wyatt is an avid reader who loves to broaden his knowledge and understanding of the world through books.
Elm	Maxwell is now reading at home every day and remembering to bring his book and diary back to school as well.
Ash	Harrison is reading regularly at home and becoming very organized in remembering to bring his reading pack back to school each day.
Oak	Jaden recognises the value of regular reading and is working so hard to improve his skills.

And our Maths Stars:

Acorns	Darcy answers questions and explains her mathematical thinking in detail.
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Birch	Stanley is making an excellent effort in his maths lessons, working independently and tackling more questions without adult support.
Willow	Rayah has tackled this week's maths lessons about fractions with confidence and quickly grasped the new concepts taught.
Holly	Evie always pushes herself in maths lessons and is ready for every challenge.
Chestnut	Shaynie is making more contributions in maths lessons and is working independently too.
Elm	Aston is a resilient learner who perseveres when he finds himself in "the learning pit" and works hard until he has grasped new concepts.
Ash	Indie has an excellent grasp of mathematical concepts and explains her understanding clearly to help her classmates.
Oak	Arlo is making such good progress in maths and he should feel very proud of his successes in recent practice test papers.

Kindest regards,

Deborah Meredith

Dates for your Diary	
Tuesday 9 th May 23	Year 6 SATS week
Monday 15 th May 23	After School Clubs begin today
Wednesday 17 th May 23	Year 5 First Aid workshops in school (rescheduled)
Thursday 18 th May 23	Reception and Year 6 height and weight check
Friday 19 th May 23	Year 4 Ancient Egypt workshop in school
Friday 19 th May 23	Year 4 Family Dinner Day 12.30pm
Monday 22 nd May 23	Class Photographs
Tuesday 23 rd May 23	Year 2 Forest School Day
Thursday 25th May 23	School closes for Summer Half Term holiday
Monday 5th June 23	School Opens for Summer Term 2
Wed 7 th to Fri 9 th June 23	Year 6 residential trip to Kingswood Centre in Penistone.
Thursday 8 th June 23	Reception Acorns trip to Formby Beach
Friday 9 th June 23	Year 3 Family Dinner Day
Tues 13 th – Friday 16 th June	Whole School Art and Poetry Project
Friday 16 th June 23	Year 2 Family Dinner Day 12.15pm
Friday 23 rd June 23	Year 1 Family Dinner Day 12.15pm
Tuesday 27 th June 23	Year 4 Chestnut Class taking part in "Victorious Voices" concert at Rayner Stephens school in Tameside.
Wednesday 28 th June 23	Year 5 trip to Alton Towers
Friday 30 th June 23	Reception Family Dinner Day 12.00 noon
Tuesday 4 th July 23	Year 4 "Come and Play with the Halle" concert in Manchester

Wednesday 5 th July 23	Year 2 trip to Skipton Castle
Thursday 6 th July 23	Year 1 Canal Boat Trip
Thursday 6 th July 23	Year 3 trip to "Crocky Trail"
Friday 21st July 23	School Closes for Summer Holiday
Wednesday 6th Sep 23	School opens for Autumn Term 1
Mon 18 th to Wed 20 th Sep 23	Year 6 subsidised Residential trip to Whitehall Centre
Wed 4 th to Fri 6 th Oct 23	Year 5 subsidised 3-day course at Whitehall Centre (not residential)

Watch Out – Headlice About!

With one in three schoolchildren getting nits at some point each year, knowing how to deal with them is one of those skills you can't live without...

What are nits?



The terms 'nits' and 'headlice' might be used interchangeably, but actually, they're two different things.

Headlice are tiny, wingless, greyish-brown insects that grow to about the size of a sesame seed. They survive by sucking blood from the scalp (yuck!)

Nits are the cases of eggs laid by headlice (again, yuck!). These are brown (unhatched eggs) or white (empty egg cases) specks that are firmly attached to the shaft of the hair.

Headlice lay their eggs close to the scalp, where it's warmest. After 7 to 10 days, the eggs hatch, and 10 to 14 days after that, the new lice are fully matured and ready to start laying their own eggs.

That's why it's important to check your child for nits regularly and treat as soon as you spot the signs of an outbreak.

Headlice myths busted

- Headlice can't fly, jump or swim - they can only be spread by head-to-head contact.
- Headlice don't prefer clean hair, although you might want to tell your child this if they're embarrassed about having them. Anyone can get them, regardless of their hair type and washing habits.
- They don't always make you itch. The itching is caused by an allergy to the lice, rather than the lice biting, so don't assume that no itching = no nits.
- Headlice can only survive on humans, so there's no need to wash bedding or soft toys if your child has them.

Why do headlice love children so much?

Whether they're cosied up at home playing with dolls or trains, engaging in a boisterous game of Zombie Mutants Attack or plaiting each other's hair, children tend not to respect each other's personal space. That makes it easy for headlice to spread from one child to another (and another, and another ...) by crawling from head to head.

Because schoolchildren spend lots of time in close contact, headlice are extremely common between the ages of 4 and 11, and an outbreak can spread quickly throughout a class or even a whole school.

Adults are less likely to get nits, not because we're immune, but simply because we don't get as close to other people. That said, if your child has an infestation and cuddles up with you, their headlice will be more than happy to take up residence on your scalp, too.

How to spot headlice

Gone are the days of humiliating visits from the school nit nurse. But because children are no longer checked for headlice at school, you'll need to master the art of nit detection yourself.



Don't rely on your child having an itchy scalp to alert you to an outbreak of headlice. Not everyone gets irritated by headlice, and even if they do, the itching might not start for some months after the lice first move in. And, sadly, you won't spot an outbreak just with a quick look at your child's hair. Often, they don't show up easily.

Sometimes you'll see little brown or white specks in your child's hair as a tell-tale sign.

Sometimes you'll notice them scratching their heads, especially behind the ears or on the neck.

But the most reliable method is detection combing. You can do this on wet or dry hair, but it's easiest on wet hair and here's how:

- Wash your child's hair using their normal shampoo, then apply lots of conditioner.
- Without washing the conditioner out, comb their hair through with a wide-toothed comb to get rid of tangles.
- Swap to a louse detection comb: these have finely spaced teeth to trap even tiny nits, and can be bought from pharmacies.
- Starting close to the scalp, draw the comb through your child's hair right down to the ends in one stroke.
- Check the comb for lice or nits. Wiping it on white kitchen towel usually makes them obvious.
- Wipe or rinse the comb then repeat, working through your child's entire head of hair and checking for lice or nits after each stroke.
 - Rinse out the conditioner and repeat the whole combing procedure again.
 - Ideally, you should check your child for headlice once a week - sorry!



What if you find headlice?

If you find even one solitary louse in your child's hair, you'll need to treat them for an outbreak. You'll also need to check everyone else in the family and treat them if you find headlice.

The good news is that as long as you treat your child, there's no need to keep them off school. They'll probably have had headlice for several weeks by the time you spot the signs, so keeping them home now won't stop them spreading.

There are two ways to treat headlice: by wet combing or by using a special lotion, spray or shampoo.

Treating headlice by wet combing

Treating headlice by wet combing basically means using exactly the same procedure as for detecting headlice, described above. The only difference is that you'll need to comb through your child's hair regularly until you've got rid of not just the live lice, but also any unhatched eggs. Repeating the whole process every few days, so on days three, six, nine, 12 and 15, means you'll be removing lice as they hatch, before they become mature enough to lay their own eggs.

Wet combing is labour intensive, especially if your child has long, thick, curly or Afro hair. It can easily take a good hour each time - not much fun if your child screams blue murder when they see you approaching with the nit comb! But, it's reliable and doesn't involve using harsh (and expensive) chemicals which may not be suitable for young children or pregnant women.

Treating headlice with lotions and sprays

If wet combing sounds too painful - for both you and your child - the alternative is to use a chemical treatment for headlice, which can be bought over the counter in pharmacies. You should only use these if you've found live headlice on your child.

Your pharmacist can advise you on the best treatment to use. **They can provide them free of charge.** Some are unsuitable for children under two, and shouldn't be used if you're pregnant, breastfeeding or have asthma or allergies.

The NHS also advises against using shampoos or rinses, as these aren't as effective as lotions and sprays.

Make sure you follow the instructions to the letter, to give the treatment the best chance of working. Some only need to be left on your child's hair for 10 minutes or so, while others have to stay on for as long as eight hours. Not all chemical treatments kill unhatched eggs, so you usually have to repeat the treatment after a week to kill any lice that have hatched since you first used the product.

Can you prevent further nit and headlice outbreaks?

Afraid not. There's no harm in tying long hair back securely, or braiding Afro hair, but neither is there any evidence that this will help to prevent headlice. Some people think that using tea tree shampoo or conditioner helps, but again, while this won't hurt, there's no scientific proof that it works.

It's tempting to use headlice treatments regularly just in case, but don't: not only are these chemicals harsh for your child's skin, but overusing them can make headlice become resistant to treatment.

The best thing you can do to keep headlice under control is check your child's hair regularly, and treat them quickly if you find lice. If your child has just got over headlice, checking them once a week for the next month will help to prevent a second outbreak.

