



Bolton by Bowland C.E. Primary School

Newsletter

Belong Believe Blossom

24th January 2025



School Meal Menu – Week Beginning 27th January – Week 3

Spring 2025	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Brunch	Chilli Beef Wrap	Roast Chicken	Cheese Pasty	Fish & Chips
Choice 2	Fish Fingers	Mascarpone Pasta	Jacket Potato with a choice of fillings	Spaghetti Bolognese	Pizza & Chips

Healthy Snacks

To encourage healthy eating habits from an early age we are strongly encouraging our children to start eating fruit at break time. Please help us by sending children in with a piece of fruit or a healthy alternative each day or 20p to buy fruit. EYFS/KS1 receive 2 pieces of free fruit each day. Cake treats will only be allowed, or available to buy on a Friday for 50p.



Achievement Awards

Value – Ralph (Y4)

Achiever – Ari (Y2), Ted (Y1), Minnie (Y5)

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Diary Dates

- Little Church on Thursday 30th January at 9.15am in church
- EYFS/KS1 Clitheroe Museum Visit on Tuesday 4th February
- Scholastic Book Fair 5th – 12th February
- Break up for half-term on Friday 14th February at 3.30pm



Please can parents familiarise themselves with some of the common illnesses that can disrupt children's studies or even cause more serious illness during the winter months. Thank you

The following table provides guidance on some common childhood illnesses, and whether children need to stay off school*:

Illness	Recommendations
Chicken pox and shingles	Keep off school for five days from start of rash and until all the spots have crusted over
Cold sores	No need to be off school
Conjunctivitis	No need to be off school
Diarrhoea and vomiting	Keep off school until 48 hours after the last episode of diarrhoea or vomiting
Flu (influenza)	Children should return to school as soon as they have recovered
Glandular fever	No need to be off school
Hand, foot and mouth disease	It is not usually necessary to keep off school
Head lice (nits)	No need to be off school
Impetigo	Keep off school until lesions (spots) are crusted or healed or 48 hours after starting antibiotic treatment, whichever is shorter
Measles	Keep off school for four days from start of rash and until recovered
Molluscum contagiosum	No need to be off school
Mumps	Keep off school for five days from start of swollen glands
Ringworm	It is not usually necessary to keep off school
Rubella (German measles)	Keep off school for four days from start of rash
Scabies	Children can return to school after first treatment
Scarlet fever	Keep off school for 24 hours after starting antibiotic treatment
Slapped cheek / Fifth disease / Parvovirus B19	No need to be off school once rash has developed
Threadworms	No need to be off school
Warts and verrucae	No need to be off school
Whooping cough (pertussis)	Keep off school for two days after starting antibiotic treatment or 21 days from start of cough if no antibiotic treatment has been given