Welfare Newsletter

December 2025

PLEASE TAKE TIME TO READ THIS NEWSLETTER – IMPORTANT INFORMATION

As we come into Winter we are well aware of the many coughs and colds that come hand in hand with the colder, darker months. However, we want to work with you to ensure that your child's learning does not get affected by this. Therefore if your child is not feeling 100% in the morning we would like to encourage you to bring them into school and just have a quick word with their class teacher so that we can keep an eye on them during the day. You would be surprised how many children "bounce back" once they are in school and with their friends. However if they don't "bounce back" then we will give you a call and arrange for you to come and collect them.

General Reminders

Norovirus is another bug that tends to spread more rapidly during the winter months.

- If your child has vomited then we would ask you to keep them at home for 24 hours since their last vomit to ensure the bug has passed through their system.
- If your child has diarrhoea in addition to vomiting or on its own then we would ask you to keep them at home for 48 hours since their last episode.
- If you are worried that your child may have the Norovirus then contact your GP surgery / 111 https://111.nhs.uk/ for further advice.

High Temperatures can often affect children if they are fighting a cold or other virus.

- If your child has a a high temperature that is being kept down by medication please keep them at home until the temperature has returned to normal without medicine.
- If they just have a cold please send them into school and we will keep an eye on them.
- Please remember to send them in with:
  - ✓ a water bottle so that they can keep hydrated during the day
  - ✓ a jumper and a warm winter coat
  - ✓ a suitable tracksuit top included in their PE Kit for them to use so they can keep warm when they are doing PE outside during the colder months.

Whilst we encourage you to send your child into school when it is just a viral infection ie cold, cough, we do encourage you to keep your child at home when it is highly contagious such as a stomach bug. If you are in any doubt about whether you should send your child into school or not then please either contact the school office in the morning or bring them in and we will keep an eye on them and contact you if they are not coping with the day.
https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/

Emotional and Wellbeing Support for Families

We are also very conscious that this year has continued to be very difficult for our families for a number of reasons and whether the cost of living crisis has affected your family on a financial level, emotional wellbeing level or in some other way, we want you to know that we are here to support you as much as possible. If we are not aware of the situations that our families are coping with, we are unable to put support in place. We really encourage you to reach out if you need support.

At school we are informed of local and national initiatives that are offering support for families and we will ensure that parents are always informed of these as and when applicable. We are also aware that some families may be embarrassed or worried that by asking for support their children will be singled out in some way. Please can we assure you that this is not the case. If you or your child or children are struggling with your overall wellbeing or anything else that is currently impacting you as a family and you feel you need some extra support, please ask to speak with Emma Hawthorn, our Welfare Officer, or you can email her on inclusion@bucklandprimary.surrey.sch.uk. Emma will be able to seek advice or signpost you to services that are able to support you further.

If you are struggling financially and you think you may be entitled to Free School Meals then you can download a form from our website which you just need to complete and return to the school office. We will run checks and then confirm if you are eligible for these meals. Even if your child does not want to eat the school meals and you continue to provide a packed lunch, knowing that you are entitled means the school can claim some extra funding which we can put towards additional education support if required and can also be used to help cover costs of school trips and workshops.

ADDITIONAL SUPPORT AVAILABLE:

Mental Health Support

Supporting your own wellbeing during this time is not always easy. You can access advice on how to ensure you are doing the best for your own wellbeing at www.mind.org.uk/

Manna Foodbank

If you are struggling to provide food for your family Manna Foodbank can help.
https://www.mannafoodbank.co.uk/home

Stanwell Events Community Project

Stanwell Events work alongside Stanwell food bank http://www.stanwellevents.org.uk/ or www.stanwellfoodbank.org.uk

St Saviours Food bank and Surplus to Supper food

https://www.stsavs.org/foodbank

Mindworks Surrey - ADHD and Mental Health Crisis Support Line

24 hour crisis line for children over 6 years old 0800 915 4644
https://www.mindworks-surrey.org/our-services/crisis-admission-avoidance/247-crisis-line

Family Information Service Directory

https://www.surreycc.gov.uk/people-and-community/families

Help for Households

A government website that offers support and help with your bills, childcare, finding employment, income support. https://helpforhouseholds.campaign.gov.uk/