

Friday 29th November 2019

# Somerville News

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**AIMING HIGH TOGETHER**



## ATTENDANCE

At Somerville we are having a big push on attendance as **every day counts** in our childrens' learning journey. We have launched numerous rewards and incentives in the last few months including an attendance reward cup for the highest attending class. The class receive an extra play time and all of their names go into a draw with one child in the class selected to take home a box of chocolates to share with their families. See the attendance for each class for the last week on the back of this newsletter. Please try to get your children into school every day to give them the best possible chance of success and to fully enjoy all aspects of school.

## NOT FEELING WELL?

Nationally schools are currently experiencing increased reporting of diarrhoea and vomiting in school aged children consistent with viral gastroenteritis. This is often caused by Norovirus, a frequent cause of vomiting and diarrhoea in the community during the winter.

The most common symptom of Norovirus is vomiting. Diarrhoea tends to be short-lived and less severe than with other causes of gastroenteritis. Other symptoms include nausea, abdominal cramps, headache, muscle aches, chills and fever. The illness is usually self-limiting in nature and gets better without antibiotics, which are not appropriate for viral illnesses. Symptoms usually last between one and three days.

Those experiencing diarrhoea and vomiting should not attend school until 48 hours after the vomiting and/or diarrhoea have stopped. This is an important control measure which aims to limit the spread of this infection to others. **HAND HYGIENE IS IMPORTANT!**

## WELLBEING OVER THE CHRISTMAS PERIOD

Over the next few newsletters we will share tips to **support wellbeing** over the Christmas period. The **wellbeing of our pupils', parents and staff is of the utmost importance** to us. As well as being a joyful time some people can find Christmas brings additional stresses. There is a pressure to be seen having a good time and this can be overwhelming. The following advice comes from the NHS website.

- ▶ Be realistic about what can be achieved and afforded. Don't aim for perfection - you are more likely to be disappointed.
- ▶ Try not to spend too much money. Gifts are not the most important part of Christmas and you may be storing up problems for the future if you get yourself into debt.
- ▶ Plan in advance. Making lists of the jobs to do, presents to buy and groceries you'll need helps to organise your thoughts, prevents you forgetting something (or someone) and makes it easier to stick to a budget.
- ▶ Don't drink to excess. Alcohol is a depressant and drinking excessive amounts can cause low mood, irritability or potentially aggressive behaviour. By not exceeding the recommended number of safe units you will be better able to sustain good mental and physical wellbeing.
- ▶ Take a break. If the family is getting too much, take some time out. A spot of meditation or a walk in fresh air will help. Try not to let tensions mount!
- ▶ Get enough sleep. A good sleep pattern can help you maintain good mental health, make you feel more alert and able to cope better with stress.

### Dates for you Diary

#### DECEMBER

**Tuesday 3rd**

FS2 Christmas play

**Wednesday 4th**

FS2 Christmas play

**Thursday 5th**

Year 6 trip to Liverpool

**Wednesday 11th**

Year 1 carol concert

**Wednesday 11th**

Christmas Bingo

**Thursday 12th**

**SCHOOL CLOSED DUE TO GENERAL ELECTION**

**Friday 13th**

Year 3 / 4 carol concert for Y4 parents

**Monday 16th**

Year 3 / 4 carol concert for Y4 parents

**Tuesday 17th**

Year 2 Christmas Play

**Tuesday 17th**

Year 5 / 6 Christingle

**Wednesday 18th**

Christmas jumper and dinner day

**Friday 20th**

Christmas jumper day / school closes for Christmas

## BIG BOOK BOOST BY THE BOOK PEOPLE

If you buy your child / children any books for Christmas with **THE BOOK PEOPLE** and spend over £10 the Book People will donate £1 to school for books. All you have to do is make a purchase for £10 and select Somerville at the checkout. It's as easy as that!

## WELL DONE

Well done to **Silver Birch** class. They won the attendance award last week and attended school 97.5%. This is in contrast with the lowest attending classes only attending for 82% of the week.

Group	Presents	AEA	Authorised Absences	Unauthorised Absences	Possible	% Attend
Fox	96.9	0.0	0.0	3.1	100.0	96.9
Badger	88.4	0.0	11.2	0.4	100.0	88.4
Rat	83.0	0.0	13.3	3.7	100.0	83.0
Robin	82.4	0.0	13.8	3.8	100.0	82.4
Otter	82.1	0.0	13.9	3.9	100.0	82.1
Hedgehog	92.3	0.0	3.0	4.7	100.0	92.3
Squirrel	96.3	0.0	1.8	1.8	100.0	96.3
Owl	96.4	0.0	2.4	1.2	100.0	96.4
Maple	95.9	0.0	1.1	3.0	100.0	95.9
Holly	95.7	0.0	3.3	1.0	100.0	95.7
Douglas Fir	92.8	0.0	3.8	3.4	100.0	92.8
Oak	93.5	0.0	4.5	1.9	100.0	93.5
Pine	92.4	0.0	3.9	3.6	100.0	92.4
Silver Birch	97.5	0.0	0.3	2.2	100.0	97.5
Willow	96.3	0.0	3.7	0.0	100.0	96.3
Cherry	94.4	0.0	5.2	0.4	100.0	94.4
Sycamore	90.7	0.0	6.7	2.6	100.0	90.7
Elm	90.0	0.0	5.2	4.8	100.0	90.0
Totals	92.1	0.0	5.4	2.5	100.0	92.1

