

Germander Park, Southwood and Downs Barn Schools' Newsletter September 2023

Welcome back! Here are a few new school year reminders:

Uniform and PE Kits

Children should only be coming to school with sports kit for PE days, so on other days, jogging bottoms, leggings or cycling shorts are not appropriate school uniform. Please remember too, that children need to wear their **school jumpers** for PE days. Trainers, or plimsolls are needed for PE too.

Please also help your child to only wear a watch, or stud earrings. Other jewellery isn't allowed, as we don't want children to lose, damage, or be hurt by other types of jewellery.

We ask too, that hair colour should be natural colours (including braids please).

Don't forget that Southwood's green jumper is **Emerald Green** too (not bottle green, or jade).

Parking Safely

Our children's safety is the most important thing to us at each school, so please help us by making sure you are parking carefully outside the schools. If you are travelling by taxi, or car, please don't park near the school entrances and at Southwood, please don't park, or arrange a taxi collection at the front of school, as the minibus needs to drop off and collect children safely to and from Breakfast Club and ACERS.

Thank you to everyone for getting used to the new school times of day!

Beginning of the school day:

The Southwood School day will start at 8.55am (gates will open from 8.45am).

The Downs Barn School day will start at 8.45am (gates will open from 8.35am).

The Germander Park School day will start at 8.45am (gates will open from 8.35am).

End of the school day:

The Southwood School day will finish at 3.25pm.

The Downs Barn School day will finish at 3.15pm.

The Germander Park School day will finish at 3.15pm.

Facebook

We share regular news about upcoming events on our Facebook page. This is the link if you'd like to follow us too:

<https://www.facebook.com/Boulevard-Primary-Partnership-114657664463501>

Bedbugs

Bedbugs are small insects that often live on furniture or bedding. Their bites can be itchy, but do not usually cause other health problems. **We currently have children at our schools with bedbugs in their homes, so we urge you to read this information carefully and take appropriate action:**



Bedbugs can be dark yellow, red or brown. Adults are around 5mm long.



Bedbug bites can be raised and itchy. They're often in a line or grouped together.

Bedbugs can hide in many places, including on bed frames, mattresses, clothing, furniture, behind pictures and under loose wallpaper.

Signs of bedbugs include:

- bites - often on skin exposed while sleeping, like the face, neck and arms
- spots of blood on your bedding - from the bites or from squashing a bedbug
- small brown spots on bedding or furniture (bedbug poo)

On white skin, bedbug bites usually look red. On black or brown skin, they may look purple and may be harder to see.

Some people have a reaction to the bites. They can be very itchy and there may be painful swelling. A [severe allergic reaction \(anaphylaxis\)](#) is also possible but rare.

How you can treat bedbug bites: Bedbug bites usually clear up on their own in a week or so, however you could:

- put something cool, like a clean, damp cloth, on the affected area to help with the itching and any swelling
- keep the affected area clean
- not scratch the bites to avoid getting an infection

A pharmacist can help with bedbug bites. You can ask a pharmacist about:

- a mild steroid cream like hydrocortisone cream to ease bedbug bites (children under 10 and pregnant women should get advice from a doctor before using hydrocortisone cream)
- antihistamines - these may help if the bites are very itchy and you're unable to sleep

How to get rid of bedbugs: If you think you have bedbugs, the most effective solution is to use a pest control company.

It's very difficult to get rid of bedbugs yourself because they can be hard to find and may be resistant to some insecticides.

There are some things you can try yourself, but these are unlikely to get rid of bedbugs completely.



Do

- ✓ wash affected bedding and clothing on a hot wash (60C) and tumble dry on a hot setting for at least 30 minutes
- ✓ put affected clothing and bedding in a plastic bag and put it in the freezer for 3 or 4 days
- ✓ clean and vacuum regularly - bedbugs are found in both clean and dirty places, but regular cleaning will help you spot them early

Don't

- ✗ do not keep clutter around your bed
- ✗ do not bring secondhand furniture indoors without carefully checking it first
- ✗ do not take luggage or clothing indoors without checking it carefully if you have come from somewhere where you know there were bedbugs

SDK are the approved vendor for Milton Keynes Council pest control and they offer a discounted rate for families in receipt of certain qualifying benefits. Have a look at <https://www.milton-keynes.gov.uk/environmental-health/animals-and-pests/pest-control> for booking information.



Contact

03444 828 325
bookings@sdkenvironmental.com
dialapest.co.uk

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SDK Environmental Limited

SDK is fully compliant with the Government's guidance on managing the risk of COVID-19 and have implemented the five step process for - **SAFER WORKING TOGETHER**

This is a Domestic Pest Service - If you wish to book a pest treatment at a Business or Commercial Site, please contact SDK via email or telephone as these cannot be booked online.

Our appointments are between 8am and 5pm (Monday to Friday) with the option to request either a Morning or Afternoon slot - Postcode allocation applies, and as such, SDK reserves the right to change bookings from the morning to the afternoon and vice versa. Timed appointments are not supported within your Councils service and treatment charges where applicable, are set by your Council and include VAT.

Swimming Pool

On 25th September, we will be having the Swimming Pool back at Southwood School for four weeks. In those weeks, all children from Year 1 upwards will have the opportunity to develop their swimming skills during the day (Southwood pupils will also have the opportunity for after-school swimming lessons too).



Full details will follow next week, all children will need a towel, a swimming costume and suitable footwear (e.g. flip-flops, or sliders) to get from the pool to the changing rooms.

Swimming is a life-long ability and we are very proud to be able to provide this opportunity for our children. Those who swam last year were all very positive about their experience, so we are very much looking forward to seeing how children develop their skills again this year.

Volunteering

If you think you may be interested in working in a school one day, now that your children are getting a little older, why not think about volunteering at one of our schools? Volunteering will help your application process, as well as helping you know which age children you are interested in working with. (maybe as a LSA, or a lunchtime supervisor). If you are interested, please phone the school offices.

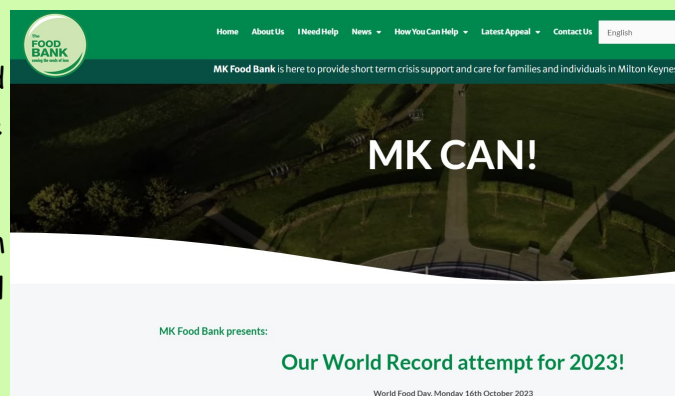
MK Can

On Monday 16th October, all three schools will be supporting MK Food Bank with a **WORLD RECORD ATTEMPT!**

MK Can will be attempting to break the current world record of a 3.8km line of food cans, with an incredible 10km!

We will be collecting food cans at all three schools from Monday 2nd October, as we have pledged that we will contribute 350 cans to their world record attempt.

Please help us to reach our target!



Whole School Attendance to end of

July 2023

93.1%	Germander Park
93.6%	Downs Barn
94.0%	Southwood

Let's keep working on this for the year ahead —please visit <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Blue Peter Reading Badge

<https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-book-badge>

We will be encouraging as many of our children as possible this year to earn a Blue Peter Book Badge. To earn one you need to:

- Tell us (Blue Peter) about a book you have read and what you think about it. Maybe you liked the characters, or perhaps you enjoyed going on exciting adventures in faraway places.
- Upload your illustration of a character or a scene from the story. This could be a drawing, painting or even digital artwork.
- Let us know what other books and authors you have enjoyed reading and why.



Time Capsules

Each school buried a Time Capsule at the end of the Summer term, to celebrate the year of King Charles III's coronation. Each child wrote about themselves on a piece of paper and these pieces of paper, as well as one of the tea-towels that each school created, has been placed in the Time Capsule, for opening at the time of the next coronation, whenever that may be!

The children also planted wildflower seeds around the Time Capsule burial sites, which were given to the school as part of the coronation celebrations.

A plaque will be placed to mark the location of the Time Capsule at each school.

