

# Highfields Primary Academy News

www.highfields.staffs.sch.uk



@Highfieldspri



/Highfields-Primary-School



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## Dates For Your Diary.

**Wednesday 11th January** - Young Voices for the school choir.

- Swimming begins for Year 6 pupils.

**Thursday 12th January** - Class 4 Assembly for parents of Class 4 pupils. 9.05am start.

**Tuesday 24th January** - Parents' Evening for Class 5 parents only (4pm-6.30pm).

**Wednesday 25th January** - Parents' Evening for parents of all classes.

**Thursday 26th January** - Parents' Evening for parents of all classes (apart from Class 5).

**Tuesday 6th February** - Safer Internet Day.



## Rudolph Run

We would be very grateful if our pupils could hand in their Rudolph Run money and sponsor forms via their classroom at register time by Friday 6th January. Thank you in advance.

## Hyperlinks:

Please click below to open our dinner menu and Parent Pay.

[Parent Pay](#)

[Menu](#)





Just a reminder that we do have children in school who have a nut allergy so we are asking for your support in helping us to keep these children safe. We ask that you do not send any nut products into school in any form including in lunch-boxes.

Examples of such products are:

Peanut butter sandwiches

Chocolate spreads

Cereal bars

Some granola bars

Cakes that contain nuts

Biscuits / Cookies that contain nuts

Peanut butter cakes

Some Asian food, including satay sauces that contain nuts

This list is not exhaustive, so please check the packaging of products closely. We appreciate that this is an additional thing to check but we know that you recognise the importance us requesting it.

### **Universal Free School Meals**

We are asking parents and guardians whose children come to Highfields and have a statutory entitlement to Free School Meals to complete an on-line application to confirm whether the school is entitled to claim the Pupil Premium for your child.

Your child will automatically be entitled to Free School Meals in Reception, Year 1 and Year 2. However, it is still important to apply for Universal Free School Meals as Highfields may be entitled to vital funding for your child.

Your child may become eligible for Universal Free School Meals at any stage in their school life.

You may be entitled to Universal Free School Meals if:

Your joint family income is £16,190 or under

You are in receipt of working tax credit

You are in receipt of child tax credit with no working tax credit and where the household income is less than £16,190

You are in receipt of Income Support

You are in receipt of Income based Job Seeker's Allowance

You are in receipt of Income based Employment Support Allowance

You are under support part VI of immigration and Asylum Act 1999

You are in receipt of the Guarantee element of state pension credit

Please click on the link shown below if you think you may be entitled to Universal Free School Meals.

<https://www.staffordshire.gov.uk/Education/Educational-awards-benefits/FreeSchoolMeals/Apply-online.aspx>

## Being able to swallow tablets or capsules is an important life skill

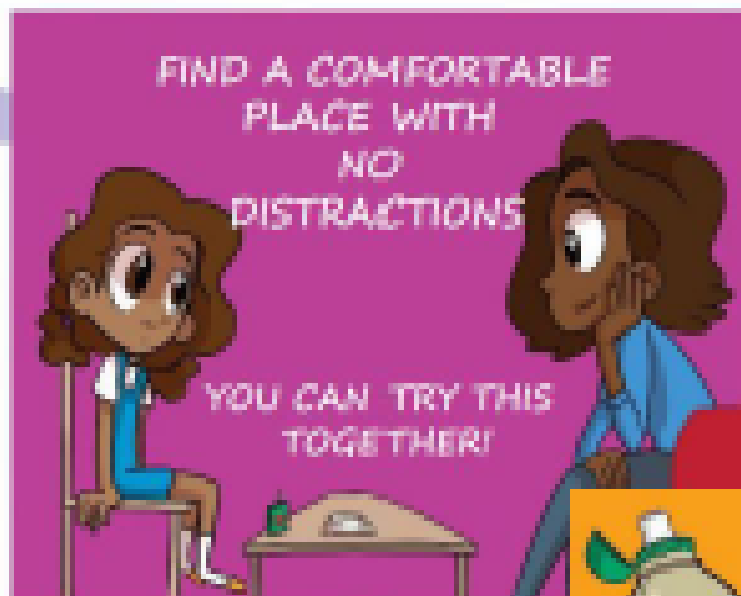
Many medicines come in chewable or liquid form. But some are best taken as a pill or tablet.

As with any skill, learning to swallow a pill takes practice. Teach your child at the right time and in the right way to make it a positive experience that builds your child's confidence.

Below are 6 simple tips to help children learn :

TODAY WE ARE LEARNING HOW TO

### SWALLOW PILLS



100 1000 10000  
Tic Tacs  
Smarties

START WITH THE SMALLEST  
PRACTISE PILL OR SWEET



GIVE SOME  
CONTROL TO THE  
CHILD BY LETTING  
THEM CHOOSE  
ONE FOR  
YOU TOO!

PLACE THE  
SWEET OR PRACTICE  
PILL IN THE MIDDLE OF YOUR  
TONGUE



DON'T THROW  
YOUR  
HEAD BACK

SEAL LIPS  
AROUND THE  
TOP OF  
THE BOTTLE  
AND TAKE 3 GULPS  
OF LIQUID  
WITHOUT PUTTING  
THE BOTTLE  
DOWN



TRY ANOTHER PILL OR  
SWEET FOLLOWING THE SAME STEPS  
(NEVER SAY BIGGER ONE!)

REMEMBER, PRACTICE  
MAKES PERFECT!



**WELL  
DONE!**

For further resources  
and tips go to :  
[KidzMed - e-learning  
for healthcare \(e-  
lfh.org.uk\)](https://www.kidzmed.com)