



# Think Pharmacy 1st

Most pharmacies in England are now providing the NHS Pharmacy First service which allows community pharmacists to provide advice and, where appropriate, supply NHS medicines to treat the following conditions:

- Earache (aged 1 to 17 years)
- Impetigo (aged 1 year and over)
- Infected insect bites (aged 1 year and over)
  - Shingles (aged 18 years and over)
  - Sinusitis (aged 12 years and over)
  - Sore throats (aged 5 years and over)
- Urinary tract infections (UTIs) in women (aged 16 to 64 years)

If you or your child has symptoms that suggest you or they may have one of these conditions, you can walk into a pharmacy and be offered a consultation with a pharmacist in a private consultation room. Your GP surgery or NHS 111 may also refer your child (or you) to the service if you contact them but they believe it is appropriate for you to be seen by a pharmacist.

If your child or you have symptoms that suggest one of the above conditions, why not give the Pharmacy First service a try?

Watch the **animation** on Pharmacy First from Community Pharmacy England. For more information, visit [nhs-services/pharmacies/how-pharmacies-can-help/](https://nhs.uk/services/pharmacies/how-pharmacies-can-help/)

School dates	
newly added items or any changes are highlighted in yellow	
March	
6th - 2.00pm	EYFS Communication & Language Workshop
6th	World Book Day
11th - 6pm	Phonics Information Evening - Y1 parents
18th	Y5/6 trip to Duxford
21st	Maths Day
21st	Red Nose Day (details to follow)
21st	FOSP Mothers' Day Stall
25th	iRocks concerts - 9.30pm and 2.00pm
28th	FOSP Mothers' Day Stall
April	
1st 1.15pm	Resilience & Independence workshop
2nd & 3rd - pm	Year 3/4 Production to parents
3rd	Parent Share - 3.30-4.30pm
4th - 1.45	Easter Church Service - children only
4th	Last day of spring term
7th-18th	EASTER BREAK
21st	BANK HOLIDAY
22nd	First day of summer term
May	
1st - 9am	Parent Forum (Homework)
5th	BANK HOLIDAY
12th-15th	Year 6 SATS
23rd	Sports Day
26th-30th	HALF TERM
june	
2nd	INSET



## eSafetyTraining 'The 2 Johns'

We were visited last week by the Two Johns - experts in Online Safety. Many parents attended the parent presentation in the evening. For those of you who were unable to attend, [here is a link](#) to a recorded online presentation that will remain live for 3 weeks.

The Two Johns have collated a wealth of advice and resources on their website.

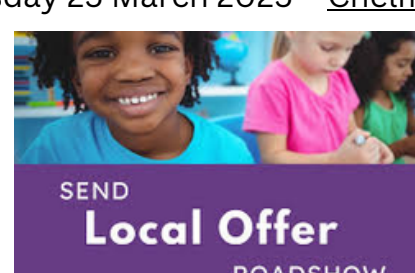
Follow [this link](#) to access some of their content for parents and carers, including information on: screentime, parental controls and settings, removing 'rude' images from the internet, gaming.



## The Essex Local Offer Roadshows are back!

These are for parents/carers to visit and ask questions about Special Educational Needs (SEND). Dates are:

- Wednesday 19 March 2025 – [Colchester](#)
- Tuesday 25 March 2025 – [Chelmsford](#)



The morning marketplace is for parents/carers of children with SEND aged 0 to 25. The afternoon marketplace has an early years focus. No booking is needed, just drop in.



## Parent feedback survey

We'd love to hear your thoughts on our events and how we can keep improving. Our recent film night was lovely but not well attended, so with other ideas in the planning stages, we want to make sure we're offering events you'd like to support. Our survey takes just 2 minutes: <https://forms.gle/uoFSdwzCgVz87ib4A>

## 150 Club

We're looking for new members to join our monthly lottery, with plenty of numbers available. For £3 a month, you could win a £50 or £25 prize, while the rest goes into our Helping Out Fund. This fund supports families when they need it, whether with school uniform, after-school activities, or anything else that helps ease the burden. To join the 150 Club, please fill in our form: <https://forms.gle/VYL6rFA5UU4XNCZL7>

## Postcard art auction

We're excited to launch a new online postcard art auction to celebrate creativity while raising funds for the school. This event will feature postcard-sized artworks generously donated by artists, authors, celebrities and students, with each piece remaining anonymous until after bidding.

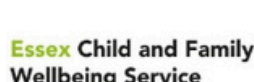
You can get involved by donating a piece of artwork, asking your child if they would like to make one, placing a bid, or spreading the word. We hope to hold the auction in May or June, once we have enough artwork. Please contact us at [ptafofsp@gmail.com](mailto:ptafofsp@gmail.com) if you'd like to contribute or request an A6 postcard, or if you know any artists/celebrities who may get involved. Artwork is to be dropped in at the school office FAO FOSP. Keep an eye out for updates and get ready to bid on some unique art! <https://fospschool.co.uk/art-auction/>

## Inflatables Day

Planning is underway for Inflatables Day, which will take place on Sunday 18th May. While this year's event is already in progress, we are in need of someone or a group to take on organising it from next year (depending on the new building works). If you or a group of some friends are interested or want more information, please get in touch at [ptafofsp@gmail.com](mailto:ptafofsp@gmail.com). It's a relatively easy event to run, especially with volunteers helping on the day!

## Smartphone Free Childhood Campaign

It was fantastic to see such a good turnout for The 2 Johns on Monday. Smartphones was a topic that came up - if you'd like to join a WhatsApp group about the Smartphone Free Childhood Campaign with other St Peter's parents, the link is here: <https://chat.whatsapp.com/HB5dW2s22gt66YHbCqSNhK>



## Health Advice Drop In for 5-19 year olds

You can go along to drop-in sessions at your local Family Hub to get advice and support for your school aged child with a member of our school health team, where you can discuss things which may be concerning you.

- Areas of support**
- Managing worries, low mood, stress or anger issues
  - Bullying and friendship issues
  - Diet / Nutritional support
  - Improving sleep
  - Day and night wetting
  - Behavioural concerns
  - Personal hygiene
  - Sexual health
  - Information and signposting regarding medical conditions

T: 0300 247 0014  
[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

2nd & 4th Mon 3pm-4.30pm  
Location: Harlequin Family Hub, CM8 1NA

Every Tues 3pm-4.30pm  
Location: Carousel Family Hub, CM3 5ZX

Every Weds 3pm-4.30pm  
Location: Acorn Family Hub, Halsted, C09 1JH

1st, 3rd & 5th Weds 3pm-4.30pm  
Location: Silver End Family Hub, CM8 3RQ



## BALANCING ACT

Supporting child mental health

Workshops for parents of school age children

## BATIC SCHOOLS Developing Resilience and Independence

1st April 2025, 1:15 pm

Included in this training:

- Why resilience and independence are important
  - What might be getting in the way
  - What we can do to help

All sessions are virtual and will last approximately 1 hour

[You can choose to join online or via a recording after the session](#)

**Book your place via this link**

## Current academic year up to Thursday 27 February 2025

## Attendance Matters

Number of pupils	Overall attendance %	Overall absence %	Unauthorised absence %
342	94.2%	5.8%	1.0%
Persistently absent		Severely absent	
Number of persistently absent pupils	Percentage of persistently absent pupils	Number of severely absent pupils	Percentage of severely absent pupils
37	10.8%	5	1.5%

