



SLINGSBY C.P. SCHOOL NEWSLETTER Friday 23rd February, 2018

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Head Teacher:
Mrs Georgie Metcalfe
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School News

- We are able to let you know that the successful candidates for the school secretary/admin post are Miss C Hope and Mrs E Massey. Overall we had 27 enquiries about the post with 10 applications coming in. We interviewed three candidates on the day. Each successful candidate has secured the job purely on merit and previous, relevant experience. We are delighted to welcome them both onto our team and wish them both a very happy time at Slingsby. We feel very lucky to have secured their services and we are sure that they will both do a fabulous job.
- Miss Hope will work Monday, Thursday, Friday morning and all day Tuesday and Mrs Massey will work Monday, Thursday, Friday afternoon and all day Wednesday.
- Class 2 are now in their new classroom despite there being a number of issues left by the builders. A huge thank you to all of our amazing staff who were able to come in during the holidays and help with the move. We spent many hours preparing things and moving things under quite challenging circumstances. We still have things to do but feel like we are finally getting there!
- If anyone would like to come and have a look around, please catch Mrs Metcalfe and arrange a time. She will be very happy to show you all our new nooks and crannies!
- Mr S Wilson has commenced this week as new cleaner/caretaker and has made a very enthusiastic start! We would like to welcome him into our team and promise to try very hard not to leave too much glitter on the carpet at Christmas!
- Thank you to Mrs Vicki Wilson who has given up oodles of her own time to help us with new displays. This is an area we sometimes feel gets neglected as there is so much else to do. She, Ollie and her husband spent a lot of time at half term preparing items and subsequently she has been in and around school making a start. Thanks also to Vicki for giving Mrs Metcalfe a rather splendid book shelf for her new office.
- Many thanks to Sally for helping us to get measured up for blinds for our windows.
- Our painting wizard has been in again over half term! We cannot thank Mr Bishop enough for helping us out with painting, we know he is on a mission to ensure that our school is neat, tidy and very presentable. We really appreciate his hard work.
- Class 1 had 2 visitors this week. We have offered to help out Gillamoor C of E who only have 2 reception children. We thought it might be nice for them to spend a morning a half term playing with our reception children, so they have started their visits this week. They really enjoyed meeting our children and having the opportunity to play with different toys and other children!
- Class 3 are visiting the Doncaster Gurdwara on Tuesday. Please remember that we have to comply with their religious beliefs and heads must be covered.
- Mrs Pat Thompson would like to know if there is anyone willing to help on Mayday with the raffle and serving refreshments to the dancers. Could you let Mrs Metcalfe know if you are able and she can pass this on to Mrs Thompson.



Slapped Cheek

Slapped cheek syndrome (also called fifth disease or parvovirus B19) is a viral infection that's most common in children, although it can affect people of any age. It usually causes a bright red rash on the cheeks.

Although the rash can look alarming, slapped cheek syndrome is normally a mild infection that clears up by itself in one to three weeks. Once you've had the infection, you're usually immune to it for life. However, slapped cheek syndrome can be more serious for some people. If you're pregnant, have a blood disorder or a weakened immune system and have been exposed to the virus, you should get medical advice. Symptoms of slapped cheek syndrome usually develop 4-14 days after becoming infected, but sometimes may not appear for up to 21 days.

Initial symptoms -Some people with slapped cheek syndrome won't notice any early symptoms, but most people will have the following symptoms for a few days:

- a slightly high temperature (fever) of around 38C (100.4F)
- a runny nose
- a [sore throat](#)
- a [headache](#)
- an upset stomach
- feeling generally unwell

The infection is most contagious during this initial period. In adults, these symptoms are often accompanied by joint pain and stiffness, which may continue for several weeks or even months after the other symptoms have passed.

Slapped cheek rash - After a few days, a distinctive bright red rash on both cheeks (the so-called "slapped cheeks") normally appears, although adults may not get this.

By the time this rash develops, the condition is no longer contagious.

After another few days, a light pink rash may also appear on the chest, stomach, arms and thighs. This often has a raised, lace-like appearance and may be itchy.

The rashes will normally fade within a week or two, although occasionally the body rash may come and go for a few weeks after the infection has passed. This can be triggered by exercise, heat, anxiety or stress.

When to get medical advice - You don't usually need to see your GP if you think you or your child has slapped cheek syndrome, as the condition normally gets better on its own.

However, you should contact your GP, call the NHS 24 111 service or contact your local out-of-hours service if you have been exposed to anyone with slapped cheek or you have symptoms of the infection and:

- you're pregnant – infection in pregnancy, particularly early pregnancy, carries a risk of causing [miscarriage](#), [stillbirth](#) or other complications; however, this risk is small and most pregnant women will already be immune.
- you have a blood disorder, such as sickle cell anaemia or thalassaemia, or a weakened immune system – the infection can cause severe anaemia that may need to be treated in hospital
- you have symptoms of severe anaemia, such as very pale skin, severe [shortness of breath](#), extreme tiredness or fainting

In these cases, a [blood test](#) may be carried out to see if you're immune to the infection. If you're not immune, you'll be monitored carefully to check for any problems.

If you develop severe anaemia, it's likely that you'll need to be admitted to hospital and have a [blood transfusion](#) to replace your damaged blood cells.

What to do if you or your child has slapped cheek - Slapped cheek syndrome is usually mild and should clear up without specific treatment.

If you or your child is feeling unwell, you can try the following to ease the symptoms:

- rest and drink plenty of fluids – babies should continue their normal feeds
- for a fever, headaches or joint pain, you can take painkillers, such as [paracetamol](#) or [ibuprofen](#) – children under 16 shouldn't take aspirin
- to reduce itchiness, you can take antihistamines or use an emollient (moisturising lotion) – some antihistamines are not suitable for young children, so check with your pharmacist first

Unless you or your child is feeling unwell, there's no need to stay away from school or work **once the rash has developed**, as the infection is no longer contagious by this point.

It's a good idea to notify your child's school about the infection, so children who develop early symptoms can be spotted quickly and vulnerable people can be made aware that they may need to get medical advice.

How do you get slapped cheek syndrome?

Slapped cheek syndrome is caused by a virus called parvovirus B19. This is found in the droplets in the coughs and sneezes of someone with the infection.

The virus is spread in a similar way to [colds](#) and [flu](#). You can become infected by:

- inhaling droplets that are sneezed or coughed out by someone with the infection
- touching a contaminated surface or object and then touching your mouth or nose

Someone with slapped cheek syndrome is infectious during the period before the rash develops. Once the rash appears, the condition can no longer be passed on.

Preventing slapped cheek syndrome

It's very difficult to prevent slapped cheek syndrome, because people who have the infection are most contagious before they develop any obvious symptoms.

However, making sure that everyone in your household washes their hands frequently may help stop the infection from spreading.

There's currently no vaccine available to protect you against the condition.

