

Late Arrivals

Once again can I please remind you that children should arrive by 9am as this is when the gates close. 20 children arrived late this morning. The road outside the school is not busy for at least the last 5 minutes. Not only do late arrivals stop the office from carrying out their duties, but it also disrupts the class when children come in late. If you arrive late please wait with your child/children and don't leave them unattended.



BECOME AN ANTIBIOTIC GUARDIAN

Keep Antibiotics Working

Antibiotics are used to treat bacterial infections such as meningitis and pneumonia. They do not work on viruses, such as colds, flu and COVID-19. However, bacteria are continually adapting to developing new ways of escaping antibiotic treatment. This is called antibiotic resistance and is one of the biggest threats facing us today. This resistance can spread between different bacteria in our bodies and between people (whether they are healthy or ill). The more often a person takes antibiotics, the more likely they are to develop antibiotic resistant bacteria in the body. To prevent resistance, antibiotics should only be taken as prescribed.

There are simple actions you can take to help tackle the problem of antibiotic resistance:

- Don't ask for antibiotics if you have a cough or cold. Antibiotics should only be taken for bacterial infections. Many infections get better on their own. Go to the [NHS website](#) and [NHS 111](#) online for advice about your symptoms first.
- If the doctor does prescribe you with antibiotics, take them exactly as prescribed; never save them for later and never share them with others.
- Spread the word. Tell your friends and family about antibiotic resistance.

You can also prevent infections spreading by:

- Using tissues and disposing of them when you sneeze
- Washing hands thoroughly with soap – alcohol gel when soap is unavailable – especially after you have used the tissue or sneezed into your bent elbow.
- Get the flu vaccine if you or your child are eligible.
- Physically distance and stay at home if you or someone that you live with develops symptoms of COVID-19, according to [government guidance](#).

If you or a family member are feeling unwell, have a cold or flu, or symptoms of COVID-19 and you haven't been prescribed antibiotics, here are some effective ways to help you feel better:

- Ask your pharmacist to recommend medicines to help with symptoms or pain.
- Get plenty of rest.
- Make sure you or your child drink enough to avoid feeling thirsty.
- Fever is a sign the body is fighting the infection and usually gets better by itself. You can use paracetamol if you or your child are uncomfortable because of a fever.



There are also several fun educational activities – including new COVID-19 resources - linked to the national curricula to educate children on the e-Bug website (www.e-bug.eu). Children and their parents can also earn digital junior and family Antibiotic Guardian badges (<http://antibioticguardian.com/Resources/junior-family-antibiotic-guardian/>).



Christmas WINDOW COMPETITION
CALLING ALL UPWELL ACADEMY CHILDREN!
Can you decorate your windows with Christmas pictures and homemade decorations to spread some Christmas cheer for all to see! Send a picture of your window to FOSA by 15th December so that we can share with everyone to keep an eye out on their winter walks!
PRIZES FOR 1st & 2nd PLACE!



LETTERS FROM SANTA
From **£4.99**
Each letter is personalised, printed, posted and then delivered direct to your child in a festive envelope with a north pole stamp. All purchases made will go towards Upwell Academy by using the following link:
<https://www.santaletterdirect.co.uk/MySchool/?TID=SD0712>

Families in hardship and needing wider support

There is support available for families who are facing hardship and need support now. You can access support by contact Norfolk County Council.

www.norfolk.gov.uk/coronavirus or by calling 0344 800 8020

DATES FOR THE DIARY

December

4th— Last day to order Christmas lunch (
(link will close at 9am)

14th—Christingle Service (virtual)

15th—Christmas Lunch

18th—Last day of term

January

5th—Back to school

Our school calendar is also available online @
www.upwellacademy.co.uk

Principal's Special Award:

Awarded to: Madison—Year 4

For giving her time and knowledge to a pupil in maths, so he had better understanding. She showed great care and attention



Pen Licenses Awarded to:

Year 5: Henry & Toby

Year 6: Milana, Penny, Bailey, Preston &

Freya P



Star of the Week

Year R: Killian

Year 1: Phoebe

Year 2: Aubree

Year 3: Charlie

Year 4: Brandi

Year 5: Camden

Year 6: All of Year 6



Reading Rock Star

Year R: Eleanor

Year 1: Jed

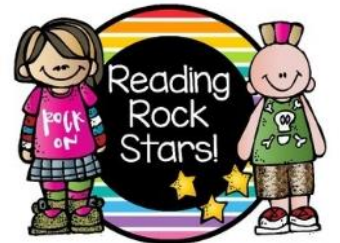
Year 2: Ella-May

Year 3: Scarlet

Year 4: Isabella L

Year 5: Emma

Year 6: Chloe



Dojo Points Award

Year R: Henry

Year 1: Sofia & Braydon

Year 2: Amelia

Year 3: Hermione

Year 4: Maddie

Year 5: Ethan

Year 6: Anthony



Marvellous Math's Winner

Year R: Logan

Year 1: Evelyn-Rose

Year 2: Junior

Year 3: Chanay

Year 4: Reggie

Year 5: George

Year 6: Isaac



Sport Personality of the Week: Maddie —Year 4
For her dedication to our human body unit

