

Below is what is coming up after the Whitsun holiday in Summer 2...

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Class 5 Sports Club - last session 1<sup>st</sup> June</b></p> <p><b>Year 3 Rounders Club last session 8<sup>th</sup> June</b></p> <p><b>Year 6 Maths Club starts 20<sup>th</sup> April 2026 (last session 8<sup>th</sup> June 2026)</b></p> <p><b>Class 6 Sports Club starts 8<sup>th</sup> June 2026 (last session 13<sup>th</sup> July 2026)</b></p>	<p><b>Class 2 Sports Club last session 2<sup>nd</sup> June</b></p> <p><b>Class 3 Sports Club starts 9<sup>th</sup> June (last session 14<sup>th</sup> July 2026)</b></p>	<p><b>Class 11 Sports Club last session 3<sup>rd</sup> June</b></p> <p><b>Year 4 Rounders Club last session 3<sup>rd</sup> June</b></p> <p><b>Class 12 Sports Club starts 10<sup>th</sup> June (last session 15<sup>th</sup> July 2026)</b></p>	<p><b>Year 5 Board Games Club last session Thursday 4<sup>th</sup> June</b></p>	<p><b>Class 8 Sports Club last session 5<sup>th</sup> June 2026)</b></p> <p><b>Class 9 Sports Club starts 12<sup>th</sup> June (last session 17<sup>th</sup> July 2026)</b></p>

**Whole School Engagement**

**Sports Days**

Year 3 and Year 4 – Thursday 2<sup>nd</sup> July  
 Year 5 and Year 6 – Thursday 25<sup>th</sup> June

**Enrichment Activities**

W/C 13<sup>th</sup> July

In addition to the above.....

**Year 4**

School Trip to Thinktank in Birmingham;  
 Class 4, 18<sup>th</sup> June  
 Class 5, 22<sup>nd</sup> June  
 Class 6, 24<sup>th</sup> June

**Year 6**

Safer Travel Team: Travelling to secondary school safely – 3<sup>rd</sup> June  
 Shakespeare Explorer Drama Workshop: Romeo and Juliet – 16<sup>th</sup> June  
 School Nurses: Secondary Transition – 16<sup>th</sup> June  
 School Production to Families: 2pm Matinee Performance and 6pm Evening Performance – 7<sup>th</sup> July  
 Leavers Celebration Week: more information to follow – Monday 13<sup>th</sup> July – Friday 17<sup>th</sup> July

**Remember, always here, always learning!**

We are working hard to give you as much notice for key dates and events in school as possible. Sometimes events are scheduled or rescheduled at late notice beyond our control. We will always endeavour to keep you updated with any changes to the above.

Please see below some information to help you assess which service is best for your family to use when feeling unwell (a larger version of this is available on our website):

Illness →	Simple Urinary Tract Infection (UTI) (Women)	Shingles Adults Only	Impetigo	Infected insect bites	Short-term sore throat	Acute sinusitis	Acute Otitis Media Earache in Children
Symptoms →	UTIs are often called water infections	A painful rash, often on one side of the body	A common skin infection with crusty yellow blisters often on the face	Insect bites with: <ul style="list-style-type: none"> <li>• Red skin</li> <li>• Skin is swollen</li> <li>• Skin is hot to touch</li> <li>• Pain or tenderness</li> </ul>	Sore throats	Pressure or pain around the face, often at the same time as nasal congestion	An infection of the middle ear
Got to the pharmacy if →	<ul style="list-style-type: none"> <li>• Females only</li> <li>• Aged 16-64</li> <li>• Urine stings or burns</li> <li>• Urine is cloudy or smelly</li> <li>• Waking up needing to pass urine</li> <li>• Lower tummy ache</li> <li>• Urgent need to pass urine</li> </ul>	<ul style="list-style-type: none"> <li>• Aged 18 or over</li> <li>• Tingling then sore blisters</li> <li>• 'Burning' pain</li> <li>• Itchy, red patches</li> <li>• Rash started with the last 3-7 days</li> </ul>	<ul style="list-style-type: none"> <li>• Aged 1 or over</li> </ul>	<ul style="list-style-type: none"> <li>• Aged 1 year or over</li> <li>• 3 or more of the above symptoms</li> <li>• Hot and swelling</li> <li>• Redness spreading</li> <li>• Gets worse after 2 days</li> <li>• Bites with pus</li> </ul>	<ul style="list-style-type: none"> <li>• Aged 5 years and over</li> <li>• Sore throat</li> <li>• High temperature</li> <li>• Headache</li> <li>• Nausea</li> <li>• Runny nose</li> </ul>	<ul style="list-style-type: none"> <li>• Aged 12 years and over</li> <li>• Symptoms lasting longer than 10 days</li> <li>• Nasal blockage or nasal discharge</li> <li>• Facial pressure pain</li> </ul>	<ul style="list-style-type: none"> <li>• Aged 1-17 years</li> <li>• Earache</li> <li>• Holding, rubbing, or tugging of the ear</li> </ul>
Don't go to the pharmacy, go to the GP if →	<ul style="list-style-type: none"> <li>• Symptoms lasting more than 5 days</li> <li>• Male</li> <li>• Older than 16, but younger than 64 years old</li> <li>• Pregnant</li> <li>• Breastfeeding</li> <li>• UTI treated in the last 3 months</li> <li>• Recurrent UTI (2 in the last 6 months or 3 in the last 12 months)</li> <li>• Catheter users</li> <li>• Lower back/side pain</li> <li>• You have any of the following: diabetes, COPD, cancer, kidney problems or anaemia</li> </ul>	<ul style="list-style-type: none"> <li>• Aged under 18</li> <li>• Pregnant</li> <li>• Breastfeeding with shingles or sores on the chest</li> <li>• Rash started over 7 days ago</li> <li>• Face affected</li> <li>• Feeling generally unwell</li> </ul>	<ul style="list-style-type: none"> <li>• Under 1 year old</li> <li>• Pregnant and aged under 16 years old</li> <li>• Breastfeeding (with blisters on the chest)</li> <li>• Widespread patches of sores on the face or body</li> <li>• Recurrent impetigo (2 or more episodes in the same year)</li> <li>• Feeling generally unwell</li> </ul>	<ul style="list-style-type: none"> <li>• Aged under 1 year</li> <li>• Pregnant aged under 16 years</li> <li>• Feeling generally unwell</li> <li>• Severe pain</li> <li>• Tick bites</li> <li>• Bite near the mouth, throat or eye</li> <li>• Bite or sting occurred whilst travelling outside the UK</li> </ul>	<ul style="list-style-type: none"> <li>• Aged under 5 years</li> <li>• Pregnant and aged under 16 years</li> <li>• Recurrent sore throat tonsillitis (7 or more in the last 12 months or 5 or more in each of the last 2 years, or 3 or more in the last 3 years)</li> <li>• Had tonsils removed</li> <li>• Feeling very unwell</li> <li>• Difficulty breathing</li> <li>• Scarlet fever</li> <li>• Feeling generally unwell</li> </ul>	<ul style="list-style-type: none"> <li>• Aged under 12</li> <li>• Pregnant and aged under 16 years</li> <li>• Problems with eyesight</li> <li>• Severe headache</li> <li>• Symptoms lasting more than 10 days</li> <li>• Recurrent sinusitis (4 or more episodes in the last 12 months)</li> <li>• Foreign body in the nose</li> <li>• Nosebleed</li> </ul>	<ul style="list-style-type: none"> <li>• Aged under 1 or over 18</li> <li>• Pregnant and aged under 16 years</li> <li>• Recurring infection (3 or more in 6 months, 4 or more in 12 months)</li> <li>• Severe headache</li> <li>• Severe ear pain</li> <li>• Pain or swelling behind the ear</li> <li>• Grommet fitted</li> <li>• Child is unwell</li> <li>• Complicated conditions e.g. diabetes, heart conditions, lung conditions etc</li> </ul>

The following applies only to patients aged over 1 year for minor illnesses:

Conditions	Symptoms the pharmacy can treat			Symptoms the pharmacy cannot treat and will require a GP or urgent care	
Bites/stings	<ul style="list-style-type: none"> <li>• Bee sting</li> <li>• Wasp sting</li> </ul>	<ul style="list-style-type: none"> <li>• Stings with minor redness</li> </ul>	<ul style="list-style-type: none"> <li>• Stings with minor swelling</li> </ul>	<ul style="list-style-type: none"> <li>• Drowsy / fever</li> <li>• Fast heart rate</li> </ul>	<ul style="list-style-type: none"> <li>• Severe swellings or cramps</li> </ul>
Colds	<ul style="list-style-type: none"> <li>• Cold sores</li> <li>• Coughs</li> </ul>	<ul style="list-style-type: none"> <li>• Flu-like symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Sore throat</li> </ul>	<ul style="list-style-type: none"> <li>• Lasted 3+ weeks</li> <li>• Shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• Chest pain</li> <li>• Unable to swallow</li> </ul>
Congestion	<ul style="list-style-type: none"> <li>• Blocked or runny nose</li> </ul>	<ul style="list-style-type: none"> <li>• Constant need to clear their throat</li> </ul>	<ul style="list-style-type: none"> <li>• Excess mucus</li> <li>• Hay fever</li> </ul>	<ul style="list-style-type: none"> <li>• Lasted 3+ weeks</li> <li>• Shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• 1 side obstruction</li> <li>• Facial swelling</li> </ul>
Ear	<ul style="list-style-type: none"> <li>• Earache</li> </ul>	<ul style="list-style-type: none"> <li>• Ear wax</li> <li>• Blocked ear</li> </ul>	<ul style="list-style-type: none"> <li>• Hearing problems</li> </ul>	<ul style="list-style-type: none"> <li>• Something may be in the ear canal</li> </ul>	<ul style="list-style-type: none"> <li>• Severe pain</li> <li>• Deafness</li> <li>• Vertigo</li> </ul>
Eye	<ul style="list-style-type: none"> <li>• Conjunctivitis</li> <li>• Dry/sore tired eyes</li> <li>• Red or irritable eyes</li> </ul>	<ul style="list-style-type: none"> <li>• Sticky eyes</li> <li>• Eyelid problems</li> </ul>	<ul style="list-style-type: none"> <li>• Watery/runny eyes</li> </ul>	<ul style="list-style-type: none"> <li>• Severe pain</li> <li>• Pain 1 side only</li> </ul>	<ul style="list-style-type: none"> <li>• Light sensitivity</li> <li>• Reduced vision</li> </ul>
Gastric/bowel	<ul style="list-style-type: none"> <li>• Constipation</li> <li>• Diarrhoea</li> <li>• Infant colic</li> </ul>	<ul style="list-style-type: none"> <li>• Heartburn</li> <li>• Indigestion</li> </ul>	<ul style="list-style-type: none"> <li>• Haemorrhoids</li> <li>• Rectal pain</li> <li>• Vomiting or nausea</li> </ul>	<ul style="list-style-type: none"> <li>• Severe/on going</li> <li>• Lasted 6 or more weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Patient is 55 years old or older</li> <li>• Blood / weight loss</li> </ul>
General	<ul style="list-style-type: none"> <li>• Hay fever</li> </ul>	<ul style="list-style-type: none"> <li>• Sleep difficulties</li> </ul>	<ul style="list-style-type: none"> <li>• Tiredness</li> </ul>	<ul style="list-style-type: none"> <li>• Severe / on going</li> </ul>	
Gynae/thrush	<ul style="list-style-type: none"> <li>• Cystitis</li> <li>• Vaginal discharge</li> </ul>	<ul style="list-style-type: none"> <li>• Vaginal itch or soreness</li> </ul>		<ul style="list-style-type: none"> <li>• Diabetic / pregnant</li> <li>• Under 16 or over 16</li> <li>• Unexplained bleeding</li> </ul>	<ul style="list-style-type: none"> <li>• Pharmacy treatment not worked</li> <li>• Had thrush 2 or more times in the last 6 months</li> </ul>
Pain	<ul style="list-style-type: none"> <li>• Acute pain</li> <li>• Ankle or foot pain</li> <li>• Headache</li> <li>• Hip pain or swelling</li> <li>• Knee or leg pain</li> </ul>	<ul style="list-style-type: none"> <li>• Lower back pain</li> <li>• Lower limb pain</li> <li>• Migraine</li> <li>• Shoulder pain</li> </ul>	<ul style="list-style-type: none"> <li>• Sprains and strains</li> <li>• Thigh or buttock pain</li> <li>• Wrist, hand or finger pain</li> </ul>	<ul style="list-style-type: none"> <li>• Condition described as severe or urgent</li> <li>• Conditions have been on-going for 3 or more weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Chest pain / pain radiating into the shoulder</li> <li>• Pharmacy treatment not worked</li> <li>• Sudden onset</li> </ul>
Skin	<ul style="list-style-type: none"> <li>• Acne, spots or pimples</li> <li>• Athlete's foot</li> <li>• Blisters on the feet</li> <li>• Dermatitis / dry skin</li> <li>• Hair loss</li> </ul>	<ul style="list-style-type: none"> <li>• Hay fever</li> <li>• Nappy rash</li> <li>• Oral thrush</li> <li>• Rash - allergy</li> <li>• Ringworm / threadworm</li> </ul>	<ul style="list-style-type: none"> <li>• Scabies</li> <li>• Skin dressings</li> <li>• Skin rash</li> <li>• Warts / verrucae</li> <li>• Wound problems</li> </ul>	<ul style="list-style-type: none"> <li>• Condition described as severe or urgent</li> <li>• Conditions have been on-going for 3 or more weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Pharmacy treatment not worked</li> <li>• Skin lesions / blisters with discharge</li> <li>• Diabetes related?</li> </ul>
Mouth/throat	<ul style="list-style-type: none"> <li>• Cold sore blisters</li> <li>• Flu-like symptoms</li> <li>• Hoarseness</li> </ul>	<ul style="list-style-type: none"> <li>• Mouth ulcers</li> <li>• Sore mouth</li> <li>• Sore throat</li> </ul>	<ul style="list-style-type: none"> <li>• Oral thrush</li> <li>• Teething</li> <li>• Toothache</li> </ul>	<ul style="list-style-type: none"> <li>• Lasted 10 or more days</li> <li>• Swollen painful gums</li> <li>• Sore inside the mouth</li> </ul>	<ul style="list-style-type: none"> <li>• Unable to swallow</li> <li>• Patient has a poor immune system</li> <li>• Voice change</li> </ul>
Swelling	<ul style="list-style-type: none"> <li>• Ankle or foot swelling</li> <li>• Lower limb swelling</li> </ul>	<ul style="list-style-type: none"> <li>• Thigh or buttock swelling</li> <li>• Toe pain or swelling</li> </ul>	<ul style="list-style-type: none"> <li>• Wrist, hand or finger swelling</li> </ul>	<ul style="list-style-type: none"> <li>• Condition described as severe or urgent</li> <li>• Condition ongoing for 3 or more weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Discolouration of the skin</li> <li>• Pharmacy treatment not worked</li> <li>• Recent travel abroad</li> </ul>

### Remember:

- Immunosuppressed patients should not use Pharmacy First - use the procedures advised by your Doctor.
- If symptoms continue or return after treatment - do not go to Pharmacy First, instead go to your GP.
- Please remember everyone is different and the pharmacist will treat you according to your needs during consultation.