

Below is what is coming up after the Easter holiday in Summer 1...

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Class 4 Sports Club (last session 13th April 2026)</p> <p>Y6 Chess Club (last session 13th April 2026)</p> <p>Class 5 Sports Club starts 20th April 2026 (last session 1st June 2026)</p> <p>Year 3 Rounders Club starts 20th April 2026 (last session 8th June 2026)</p> <p>Year 6 Maths Club starts 20th April 2026 (last session 8th June 2026)</p>	<p>Class 1 Sports Club (last session 14th April 2026)</p> <p>Class 2 Sports Club starts 21st April 2026 (last session 2nd June 2026)</p>	<p>Class 10 Sports Club (last session 15th April 2026)</p> <p>Y5 Music Club (last session 15th April 2026)</p> <p>Class 11 Sports Club starts 22nd April 2026 (last session 3rd June 2026)</p> <p>Year 4 Rounders Club starts 22nd April 2026 (last session 3rd June 2026)</p>	<p>Class 3 Swimming Thursday 5th February 2026 until Thursday 23rd April 2026</p> <p>Year 5 top up swimming Thursday 30th April until Thursday 21st April 2026</p> <p>Year 5 Board Games Club Thursday 23rd April 2026 until Thursday 4th June 2026</p>	<p>Class 7 Sports Club (last session 17th April 2026)</p> <p>Class 8 Sports Club starts 24th April 2026 (last session 5th June 2026)</p>

<p>Year 3</p> <p>Street Teams Online Safety Workshop - 16th April Museum in a box for History</p> <p>Parent/Carer Reading Café – 16th and 30th April (further information to follow)</p>	<p>Year 4</p> <p>Street Teams Online Safety Workshops – 23rd April</p> <p>Parent/Carer Reading Café – 5th and 7th May (further information to follow)</p> <p>Butterflies – Life Cycles</p>
<p>Year 5</p> <p>Starting Wednesday 15th April Year 5 will have a tutor come in to teach them the violin during their music lessons (every Wednesday)</p> <p>Parent/Carer Writing Café – 23rd April (further information to follow)</p>	<p>Year 6</p> <p>Street Teams Online Safety Workshop - 15th April</p> <p>Parent/Carer Writing Café – 21st April (further information to follow)</p> <p>Week commencing 11th May - SATs Week</p>

Whole School Events
Lunchtime Cricket Clubs with Mr Roper
W/C 18 th May - Enrichment Activities

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

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

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.