Newsletter 10 – Autumn 2026

Dear Rockcliffe Families,

This week's Learning Superpower has been *Involved in our Learning* and there's been plenty of opportunities out of lessons to be involved in wider school experiences too.

Children In Need



Today we have been fundraising for Children in Need. Our Y4 Wellbeing Gurus and Sports Leaders used the theme of Challenge Yourself 2026 to set challenges for the rest of the children. Each class completed each of the activities - Slam Dunk, Beat the Goalie, Obstacle Challenge, Beanbag Toss, Burpee Challenge and Building Challenge – for two minutes. There was lots of great team spirit and smiles as the children took on each one. In our Superhero assembly, we celebrated everyone's efforts on a chilly day and looked at how the fundraising supports children across the UK. If you are able to make a donation, please do via our School Fundraising page: [Rockcliffe's Challenge Yourself 26 is taking on Challenge Yourself for BBC Children in Need]









Diwali

We hope that all of our families celebrating Diwali enjoyed their celebrations at the start of the week. Our Nursery classes have been using Diwali as an inspiration for their creative work this week. The children dried rice and made rangoli patterns which were put near the door to wish visitors good luck. They also created rainbow toast rangoli patterns.

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Remembrance Day



On Wednesday, we came together as the whole school for the two minute silence at 11 o'clock to mark Remembrance Day. In our assembly, we looked at how the themes of Respect and Peace, that are so important in this day, are also a key part of the work we do everyday in school. Beacon class were at Beach School and paused their activities for the silence.





North Tyneside Learning Trust

Also on Wednesday, it was the North Tyneside Learning Trust Members' Meeting at the Village Hotel. This is an event to celebrate and reflect on the work the Trust does to support the 34 schools that are part of this. Our Glee club opened the event singing two songs to the NTLT team, Headteachers and Governors from across the Trust. I was a very proud Headteacher seeing the smiles it brought to the audience.

Anti-Bullying Week

Next week is Antibullying week and we will be raising awareness of this in assemblies and lessons during the week. To help support this important campaign with other schools across the country, we are inviting all children to come to school in odd socks on Monday.



Too ill for school?

Whilst we regularly promote the importance of good, regular attendance at school, we know that sometimes children are too unwell to come in, particularly during the winter months. We know it is often a difficult decision for parents to balance not missing school with not spreading illness to the wider community. The NHS has a guide to help with your decision making (this is also separately attached to this week's Schoolcomms email).

Is my child too ill for school?

UK Government NHS

Does your child have a high temperature (38ºC or more)? YES Keep them off school until it goes away. NO Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.	**Cold sores** Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.	**Impetigo** They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.	**Ear infection** If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.
Threadworms Speak to your pharmacist, who can recommend a treatment.	**Conjunctivitis** Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.	**Ringworm** See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.	**Measles** They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
	Head lice & nits You can treat head lice and nits without seeing a GP.	**Scarlet fever** They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.	**Vomiting & diarrhoea** Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).
	Hand, foot & mouth disease If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.	**Chickenpox** Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	
	Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.		

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'



Baby News

I am delighted to tell you that Miss Boyd welcomed a baby boy to her family at the weekend. Both mum and baby Kitt are doing really well, although she said she is quite sleep deprived at the moment! We can't wait for them to visit school so we can meet him.

We have added more Christmas events to the Dates for your Diary, so please check that again. Have a lovely weekend,

Tom Jones

Dates for Your Diary

November	
Mon 16th	Wear Odd Socks to support Anti-Bullying Week ~~Priory Beach School PM~~ (to be rescheduled for later this term)
Thu 19th	Parent Carer Coffee Morning – see flyer below
Fri 20th	Nursery Beach School
Fri 27th	Beacon Cake Sale after school
December	
Fri 4th	Dolce Christmas Lunch – Children are invited to wear Christmas Jumpers Friends of Rockcliffe Christmas Quiz
Mon 7th	9.30am KS1 Christmas Performance for Y1 Parents
Tue 8th	9.30am KS1 Christmas Performance for Y2 Parents
Wed 9th	9.30am KS2 Christmas Performance for Y3 Parents
Thu 10th	9.30am KS2 Christmas Performance for Y4 Parents
Fri 11th	10.30am Nursery B Performance
Mon 14th	9.30am Reception Performance 10.30am Nursery A Performance
Tue 15th	Lapwings, Puffins & Sandpiper – Christmas Party Day (information to follow)
Wed 16th	Nursery – Christmas Craft Day Starfish – Christmas Party Day
Thu 17th	Beacon, Lighthouse and Priory – Christmas Party Day (information to follow)
Fri 18th	End of Term

Training Days 2026-27

Term Dates are on our website here: Rockcliffe First School - Term Dates

Our remaining Teacher Training Days are:

- Monday 4th January 2027
- Thursday 6th May 2027 (Polling Day)
- Monday 7th June 2027

Facebook - Please follow our Facebook page – visit our school website and click the Facebook link at the bottom of the Home Page.

North Tyneside Parent Carer Forum

NHS
North East and North Cumbria

You are invited to a parent carer event within your school!
Come along to find out who we are and how we support families in North Tyneside.

Where: Rockcliffe First School
When: Thursday 19th Nov 9am

Open to any parent or carer who has a child/children who experiences difficulties or struggles in their lives or who has any Special Educational Needs and/or Disabilities (SEND).

No diagnosis required to join us

