



The Lea Primary School and Nursery

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AUTUMN TERM 2026 No.4

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MESSAGE FROM THE HEAD TEACHER

This week I've received several emails from the DfE on how we can make sure children don't miss too many days due to ill health, so I thought I'd share some with you. Firstly, some of our own data. Attendance for the whole school was slightly better last academic year than the year before. Which is great and hopefully can be repeated this year. Nationally, 50 million days of school were lost in 2025-26 due to illness. If you're not sure about whether to send your child in to school or not, this one-minute film might help, as well the following table. [Illness absence and staying healthy](#)

Is my child too ill for school?

Does your child have a high temperature (38°C or more)?			
YES Keep them off school until it goes away.		NO Follow the guidance below.	
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 Five with eight 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. 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.	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 toys 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. 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.
Threadworms Speak to your pharmacist, who can recommend a treatment.	Head lice & nits You can treat head lice and nits without seeing a GP. 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. 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.	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. 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. Chickenpox Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appear.	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).

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?'

In other news, this week our children have had three afternoons in groups made up from each class across the school and taken part in some exciting and extraordinary science activities as part of Science Week. It has been wonderful to see all the teamwork and support and how the younger children have been looked after. Do ask them what they have been up to.

Our girls football team won again this week 5:0 against St Nicholas – well done girls. An amazing result especially as they were trying out some different positions in the second half.

Each new year brings new children into our roles of responsibility in school. Our Y6 children took part in a play leading workshop on Thursday so they are even more skilled in leading play for our younger pupils in the Early Years and KS1 classes. I know that this is a responsibility that they all thoroughly enjoy and the younger children look forward to them coming to play.

We have already collected a lot of lost property so far this term, and especially jumpers. If items are named, we will make sure they get back to the owner so please do use names labels or write on labels, to help with this.

Have a great weekend,

Tracey Berry

DATES FOR THE DIARY

October 2026

Mon 5	Y4 Verulamium Museum
Tue 6, 15:30	Y5/6 Girls Football v Beech Hyde (H)
Fri 9	Y6 (selected pupils) Writing enrichment event at St Georges
12-23	Y4 Swimming
Mon 19	Harvest assembly
Wed 21	Language Day
Wed 21	Governors Day
Wed 21	Parent Consultations
Thu 22	Parent Consultations
26-30	Half Term

November 2026

2-6	Y5 Bikeability
Thu 5	Y5/6 Girls Football tournament at The Grove
Fri 6, 9:15	Reception Open Morning (for Sept 2027)
Tue 10, 9:15	Reception Open Morning (for Sept 2027)
Wed 11	Flu vaccinations
Mon 16	Odd Socks Day
Mon 16	Anti-Bullying week
Thur 19, 9:15	Reception Open Morning (for Sept 2027)
Mon 23	Maths week

December 2026

Tue 1, 14:00 & 19:00	Y3/4 Christmas concert
Tue 8, 14:30	Reception Nativity
Wed 9, 09:00	Nursery Jingle and Mingle
Tue 15, 14:00	Y1/2 Christmas play
Wed 16	Y1-Y6 Panto
Fri 18	End of Term

January 2027

Mon 4	INSET Day
Tue 5	Start of Term

For other key dates please visit our school website at [Lea Primary School - Calendar](#)

OUR CLASS WORD OF THE WEEK

Nursery

listen

Reception

science

Year 1

companion

Year 2

prediction

Year 3

chorus

Year 4

provoke

Year 5

elusive

Year 6

audacious

SCHOOL NEWS

Harvest Festival

Our Harvest assembly will take place on Monday 19th October, this will be for pupils only. We will be supporting The Kings Pantry foodbank and ask for donations to be brought in from Wednesday 14th October.

Headlice We are aware of a few cases of headlice across the school. Please could you check your child's hair and treat if appropriate.

The Lea Club Holiday club

Noah's Ark are running their holiday club over October half term. Bookings are now open on Arbor. You will need to ensure that there are funds available in the After School Club account on Arbor. If you pay through tax-free childcare, please raise this so it can be processed in time, before half term.

Kindlink donations

Donations to our school can be made through Kindlink (please click on the Kindlink logo below). Donations can be a one off payments or monthly donations, all are welcome and are gratefully received.



TEAM POINTS

Ruby was the winning team this week. Well done!

STARS OF THE WEEK

Nursery

Vinnie

For being so kind and helpful to all the adults and his friends.

Reception

Roman

For always sitting sensibly on the carpet.

Year 1

Andy

For his fantastic Science home learning.

Year 2

Rachel and Theo

For always following the school rules and being amazing role models for their class.

Year 3

Antonio

For great focus in class this week and writing some great questions.

Year 4

Mason

For using his initiative to help others.

Rhea

For a resilient attitude despite her broken arm.

Year 5

Jackson and Elijah

For thoughtful and consistent contributions in class.

Year 6

Theo and Cris

For putting so much effort and pride into their writing this week.

Sports

Ayla (Year 5)

For being a great asset in all PE lessons, clubs and fixtures!

Callum (Year 6)

For demonstrating some excellent Basketball skills!



WEEKLY ATTENDANCE

Our attendance target is 97%.

Total attendance for last week was 98.92%.

SPORTS REPORT

Y5/6 Girls Football

On Tuesday, The Lea played St Nicholas and won 5-0. Jessica scored four goals and Ayla scored 1 goal and got 2 assists. Maya was a solid defender and no one could get past her. Gabriella smashed it making sure her team won. Zoe made some great blocks and Hannah made 2 assists. Written by Maya and Jessica.



OCTOBER HALF TERM SWIM CRASH COURSES

Crash Courses are back this October Half Term

Monday 26th – Friday 30th October 2026

Stage 1 – 09:00am – 09:30am

Stage 2 – 09:30am – 10:00am

Stage 3 – 09:00am – 09:30am

Stage 4 – 09:30am – 10:00am

Just £45.00 for the week!

Bookings can now be made in centre with our reception team
or for further information please contact us.



EVERYONE LOVES TO LEARN A LIFE SKILL

01582 767 722

HarpendenSwim@everyoneactive.com



St Albans
City & District Council

everyone
ACTIVE



Autumn Term Workshops

Anxiety around ADHD Workshop - Wednesday 21 October, 9.30am to 11.30am

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

Sibling Rivalry Workshop - Monday 9 November, 9.30am to 11.30am

This workshop provides parents/carers with practical strategies and tools to effectively foster positive sibling relationships, promote cooperation and manage conflicts between children.

Reducing Conflict Workshop - Wednesday 25 November, 7pm to 9pm

This workshop is for parents/carers struggling with conflict within their family life and provides tools to promote a cooperative and collaborative approach to resolving the conflict.

It's a Dad's Life Workshop - Thursday 26 November, 7pm to 9pm

This workshop empower fathers with the knowledge and skills to develop deep connections with their children, enhancing their parenting journey.

Navigating the Storm (Teens) Workshop - Wednesday 2 December, 9.30am to 11.30am

This workshop is designed to support parents of pre-teens and teenagers facing challenging behaviours. It aims to equip parents with effective strategies and tools to manage the complexities of raising adolescents, fostering a positive parent-teen relationship

The two-hour workshops will be online via MS TEAMS

All our programmes provide support, information and resources to parents, carers and adult family members in Hertfordshire so they can help their children reach their full potential. For more info, please contact **Louise** on **0204 522 8700/8701** or email **services@coramfamilylives.org.uk** or scan the QR code for our online form.



We build better family lives together

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