St. Matthew's Church of England Primary School

Our Vision is to enable our whole school community to live life in all its fullness

Autumn 1 No 6 2026 stmatthews.kingston.sch.uk

The Friends of St Matthew's Primary School www.fosmps.com

Vegetable sticks- such as celery, cucumber, peppers or carrot, a piece of fresh or dried fruit, breadstick, plain pretzels, malt loaf, oat/rice cakes all make a great healthy snack for playtime. Please remember all items must be nut-free! Thank you



We encourage everyone to have a healthy morning snack such as a piece of fruit. For Reception and Key Stage 1, a piece of fruit is provided. If pupils in Key Stage 2 would like fruit too, please pay via School Gateway.

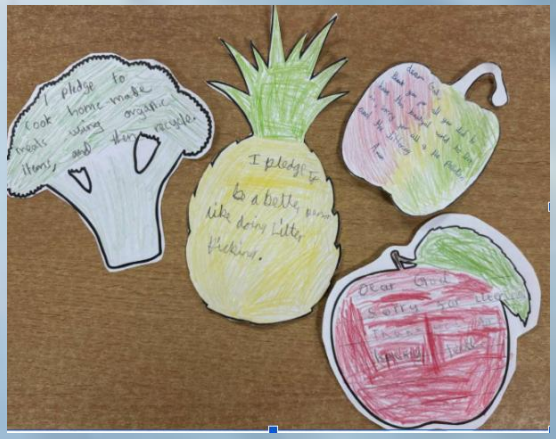
We are looking forward to our **OPAL play afternoon** at 2pm this Friday 16th October, and hope that you are able to join us for some outdoor fun!
If you are able to attend please arrive at the front office entrance. See you there!



Prayers and Pledges
The children have been busy writing prayers and making personal pledges in preparation for our Harvest Festival at the church. Please encourage your child to carry out their pledge at home—we would love to see photos of them in action! Please upload any pictures to Google Classroom so we can celebrate their efforts in school.

We would love our school community to support our regular environmentally friendly eco-refill events at St Matthew's. Please add these dates to your calendar!



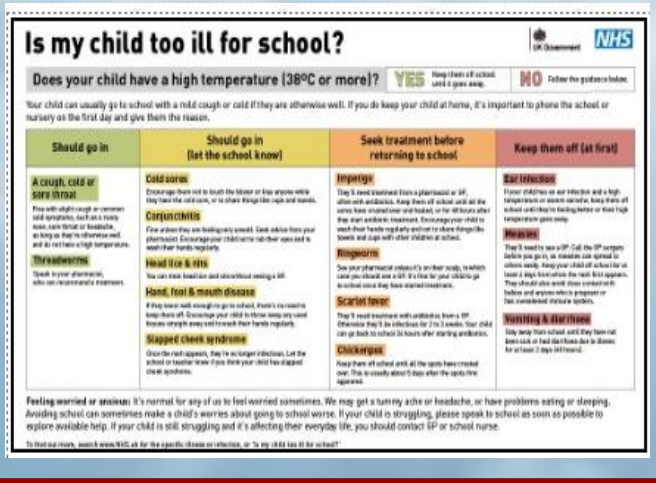


Our Vision is to enable our whole school community to live life in all its fullness

Our **new learning environment** will begin phase 1 immediately after the half-term holiday- thanks to the generous support of our school community and FOSMPS, but we still need your support to complete the vision. Every donation, big or small, will help us bring our school values to life by creating a welcoming, inspiring space where every child can learn, belong and flourish.

For more information, please click on the QR code or make a donation through School gateway




Is my child too ill for school?

Does your child have a high temperature (38°C or more)? YES NO

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	Cold sores Conjunctivitis Head lice & nits Hand, foot & mouth disease Slapped cheek syndrome	Impetigo Ringworm Scarlet fever Chickenpox	Ear infection Measles Vomiting & diarrhoea
Threadworms			

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.

Keeping our School Community Healthy This Winter

As we move into the colder months, we inevitably see an increase in coughs, colds and other seasonal illnesses. While some absence is unavoidable, there are simple steps you can take to help children stay healthy and in school.

NHS Guidance is clear that children with mild illnesses, such as a runny nose, sore throat or slight cough, can normally still attend school if they are otherwise well and do not have a high temperature.

A shared responsibility

Good attendance matters enormously. Every day in school provides children with important opportunities to learn, build relationships and make progress. By working together and following sensible health guidance, we can reduce unnecessary absence while ensuring children who are genuinely unwell have the time they need to recover.

Thank you, as always, for your support in helping us keep St Matthew's healthy, happy and learning throughout the winter months.