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20 October 2023

Dear Parent/Carer

**RP6<sup>th</sup> Open Evening – Wednesday 1 November 2023, Contact Details Update, Year 11 Revision Plan, Year 7, Year 9 and Year 10 Residential Trips, Request for old Revision/Study Guides, Attendance Guide and NHS Advice about Attendance at School, Adjustment to A2L Tariff, Paracetamol Social Media ‘Challenge’, Scholastic Book Fair: 7 - 14 November 2023, Academy Charity Announcement and Fun Run**

Welcome to my weekly update letter. Just this morning, it was great to see 110 Year 11 students invited to attend a rewards breakfast for their hard work, progress and attendance at intervention sessions despite the horrible weather. In fact, the rain has provided us with a battle today. Some areas of the building simply couldn't cope with the extreme and prolonged rainfall, something which I am attempting to remedy. In addition, Year 7 enjoyed a great disco last night to celebrate the end of their first term with us. At the end of their first half term with us, Year 7 are turning into an absolute delight. It is a pleasure to see them settling in so well and having fun together.

It has been a really busy first half term with much to celebrate. We still have some updates for you for the first week back after the break.

### **RP6<sup>th</sup> Open Evening – Wednesday 1 November 2023**

This week has seen some of our interested Year 11 students tour our RP6<sup>th</sup> facilities just in time for the half term break with this published open evening during the first week back. The evening runs from 6pm - 8pm with a talk from Mr Griffiths about our offer and a chance to meet subject specialists to discuss courses and option blocks. I hope to see many of you there.

### **Contact Details Update**

As mentioned last week, all parents of RP6<sup>th</sup> students should have been contacted already, with Year 11 next to follow. Please look out for this communication.

### **Year 11 Revision Plan**

Please see the attached revision plan for Year 11.

### **Year 7, Year 9 and Year 10 Residential Trips**

All parents who have paid deposits for the residential trips for Year 7 to France, Year 9 to Cuffley and Year 10 to The Towers, will receive communication in the next week. We will inform you if places have been allocated or if a ballot was required and a place hasn't been allocated. All deposits will be refunded immediately if a place hasn't been allocated.

## Request for old Revision/Study Guides

We are hoping to set up a library for the above where we run a corresponding course. Often, and particularly in the Sixth Form, these books can be quite expensive. We would value any donations from former students which allow us to populate a space in the library as well as in the RP6<sup>th</sup> study rooms. Any donations may be brought to main reception or the Sixth Form careers hub. Thank you.

## Attendance Guide and NHS Advice about Attendance at School

Please find attached our own attendance guide following the latest statutory guidance, as well as an accompanying NHS advice sheet related to the same topic, offering advice to parents as to when it is safe to send your child to school.

## Adjustment to A2L Tariff

We have recently reviewed our A2L tariff after a few years of usage and we have made some changes as this system evolves. The new tariffs are available on our website under [Our curriculum > Attitudes to Learning](#). Should you have any queries relating to this, please contact your child's R2L tutor in the first instance.

## Paracetamol Social Media 'Challenge'

A 'challenge' has been circulating on social media, widely reported in August 2023, that encourages teenagers to overdose on paracetamol in a bid to win a competition.

The 'craze' involves teenagers taking dangerous amounts of the painkiller to see who can stay in hospital the longest. Whilst it is alleged the challenge was shared via TikTok, the social media site said it had seen 'no evidence to support these claims'.

The attached briefing provides NHS information and advice regarding paracetamol: including safe amounts, signs and symptoms of overdose and what to do if suspected, as well as local support and signposting.

## Scholastic Book Fair: 7 - 14 November 2023

We are excited to announce the return of the Scholastic book fair on Tuesday 7 November 2023 through to Tuesday 14 November 2023, located in the library. Students are invited to attend and view the books on offer prior to the beginning of the academic day, or during break times. Please note, no cash will be accepted; online payments only.

Students will be required to create a 'wish list' which they will take home for parents to decide upon and make payment online. When payment has been received, students can collect their book(s).

Parents can pay online at [www.bookfairs.scholastic.co.uk/pay](http://www.bookfairs.scholastic.co.uk/pay). Parents can also browse and check prices online at [www.bookfairs.scholastic.co.uk/bookcases](http://www.bookfairs.scholastic.co.uk/bookcases).

## Academy Charity and Fun Run

This week, we have announced that St Barnabas Hospice is our selected Academy charity for the academic year.



"This is a calm, happy and caring school."



The selection process involved student voice, giving them the opportunity to nominate their chosen charities.

St Barnabas Hospice has supported many students and families within our Academy over the last few years and some of these students bravely shared their stories this week in R2L to help raise awareness of the charity and encourage others to support.

“St Barnabas is an amazing charity who help people and their families who aren’t sadly going to survive. They give people the best care and love to everyone no matter what. When my mum was in the hospice, the amazing people would tell me jokes and play games with me. They made me feel not as sad about the situation and feel better about things.

They made me feel happy by giving me teddies, books and games which helped take my mind off things.” - Written by a student at SRPA.

Our first event to raise donations for St Barnabas will be on Friday 17 November 2023 where we will be hosting a whole school fun run. Students will be given details on how to collect sponsorship money in the new term.

Next week, we are beginning a period of site works at the Academy which will run in to term time in November. This specifically relates to several sets of fire doors in the central area of the Academy around the Main Hall, Great Hall, canteen and PE corridors. Thanks must go to my site team who keep us running all the time whilst making the job look easy. Whilst some of my teams are cranking up for a busier week next week, some will be taking a little down time over the half term, and I encourage this. In the words of Leonardo Da Vinci, “Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer.”

**Please don’t forget that 30 October 2023 is a staff training day.** We look forward to seeing all of our youngsters back at the Academy on Tuesday 31 October 2023 after a restful half term.

I will write again soon.

Yours faithfully



**Mr D Hardy**  
**Headmaster**



“This is a calm, happy and caring school.”



# Y11 Intervention Term 2

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BEFORE SCHOOL</b> 8 - 8.35am	Homework Club Lib	Homework Club Lib	Homework Club Lib	Homework Club Lib	
<b>Break 1</b> 11.10-11.35am	Mathematics C204	Geography R22	History C220	Mathematics C204	English Language C108
	Psychology R11	French Vocabulary R32			
	Science S22				
<b>Break 2</b> 12.40- 1pm	Computer Science C213	Sociology R12	Drama M10	Music M12	Business C213
	Science S22		Finances C215		I-Media C215
	Media C105				
<b>AFTER SCHOOL</b> 3.30 - 4.30pm	French r32	Biology S12	Business Studies C213	PE C203	History L23
	Religious Studies R12	Physics S15	Computer Science C215	French C221	English C108
	Art T11	Chemistry S23	Mathematics C204	Separate Science S22	
	Photography T21/ T22	Drama M12	Geography R22	Russian C221	
		Music M12		Engineering T23	
		Engineering T23		Design and Technology T23	
		Design and Technology T23		Child Development C221	
				Art T11	
				Photography T21/T22	
			I-Media C215		



**Sir Robert Pattinson  
Academy Charity  
whole school**

**FUN RUN**

**Friday 17<sup>th</sup> November  
2023**



**St Barnabas**  
Hospice • Care • Support



Sir Robert Pattinson Academy  
Sapientia et Doctrina

SCHOLASTIC

# BOOK FAIR

Your support helps earn free books for our school

20  
23

**7 - 14 November**

**SRPA Library**



You can change your cookie settings at any time using our cookies page ([Link: www.nhs.uk/our-policies/cookies-policy/](https://www.nhs.uk/our-policies/cookies-policy/)).



[Health A-Z \(Link: www.nhs.uk/conditions/\)](https://www.nhs.uk/conditions/)

[NHS services \(Link: www.nhs.uk/nhs-services/\)](https://www.nhs.uk/nhs-services/)

[Live Well \(Link: www.nhs.uk/live-well/\)](https://www.nhs.uk/live-well/)

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## Is my child too ill for school?

**It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.**

There are government guidelines for schools and nurseries about managing specific infectious diseases at GOV.UK ([Link: https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/chapter-9-managing-specific-infectious-diseases](https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/chapter-9-managing-specific-infectious-diseases)). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

## Other illnesses

Follow this advice for other illnesses:

### Coughs and colds

It's fine to send your child to school with a minor cough ([Link: www.nhs.uk/conditions/cough/](https://www.nhs.uk/conditions/cough/)) or common cold ([Link: www.nhs.uk/conditions/common-cold/](https://www.nhs.uk/conditions/common-cold/)). But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

### High temperature

If your child has a high temperature ([Link: www.nhs.uk/conditions/fever-in-children/](https://www.nhs.uk/conditions/fever-in-children/)), keep them off school until it goes away.

### Chickenpox

If your child has chickenpox ([Link: www.nhs.uk/conditions/chickenpox/](https://www.nhs.uk/conditions/chickenpox/)), keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

### Cold sores

There's no need to keep your child off school if they have a cold sore ([Link: www.nhs.uk/conditions/cold-sores/](https://www.nhs.uk/conditions/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

You don't need to keep your child away from school if they have conjunctivitis ([Link: www.nhs.uk/conditions/conjunctivitis/](https://www.nhs.uk/conditions/conjunctivitis/)).

Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

## COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school.

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 ([Link: www.nhs.uk/conditions/covid-19/covid-19-symptoms-and-what-to-do/](https://www.nhs.uk/conditions/covid-19/covid-19-symptoms-and-what-to-do/)) and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

## What to do if your child has tested positive

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

## Ear infection

If your child has an ear infection (Link: <https://www.nhs.uk/conditions/ear-infections/>) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

## Hand, foot and mouth disease

If your child has hand, foot and mouth disease (Link: [www.nhs.uk/conditions/hand-foot-mouth-disease/](http://www.nhs.uk/conditions/hand-foot-mouth-disease/)) but seems 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.

## Head lice and nits

There's no need to keep your child off school if they have head lice.

You can treat head lice and nits (Link: [www.nhs.uk/conditions/head-lice-and-nits/](http://www.nhs.uk/conditions/head-lice-and-nits/)) without seeing a GP.

## Impetigo

If your child has impetigo (Link: [www.nhs.uk/conditions/impetigo/](http://www.nhs.uk/conditions/impetigo/)), they'll need treatment from a 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.

## Ringworm

If your child has ringworm (Link: [www.nhs.uk/conditions/ringworm/](http://www.nhs.uk/conditions/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

If your child has scarlet fever (Link: [www.nhs.uk/conditions/scarlet-fever/](http://www.nhs.uk/conditions/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.

## Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have slapped cheek syndrome (Link: [www.nhs.uk/conditions/slapped-cheek-syndrome/](http://www.nhs.uk/conditions/slapped-cheek-syndrome/)) because, once the rash appears, they're no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

## Sore throat

You can still send your child to school if they have a sore throat (Link: <https://www.nhs.uk/conditions/sore-throat/>). But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of tonsillitis (Link: [www.nhs.uk/conditions/tonsillitis/](http://www.nhs.uk/conditions/tonsillitis/)).

## Threadworms

You don't need to keep your child off school if they have threadworms (Link: [www.nhs.uk/conditions/threadworms/](http://www.nhs.uk/conditions/threadworms/)).

Speak to your pharmacist, who can recommend a treatment.

## Vomiting and diarrhoea

Children with diarrhoea or vomiting (Link: [www.nhs.uk/conditions/diarrhoea-and-vomiting/](http://www.nhs.uk/conditions/diarrhoea-and-vomiting/)) should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Page last reviewed: 1 April 2021

Next review due: 1 April 2024



## BRIEFING TO LINCOLNSHIRE SCHOOLS: PARACETAMOL 'CHALLENGE'

A supposed social media 'challenge' is circulating, widely reported in August 2023, that encourages teenagers to overdose on paracetamol in a bid to win a competition. The 'craze' involves teenagers taking dangerous amounts of the painkiller to see who can stay in hospital the longest.

Donna Jones, chair of the Association of Police and Crime Commissioners (APCC), told Radio 4's Today programme on Tuesday 15 August that teenagers in Southampton had taken part in the dangerous challenge, taking the pills to see who could stay in hospital for the longest time.

She also called on TikTok to do more to prevent these challenges, although the social media site said it had seen 'no evidence to support these claims'.

### How much paracetamol is safe for a child?

The [NHS website](#) states that children should be given no more than 4 doses of paracetamol in 24 hours, with a wait of at least 4 hours between doses.

Depending on a child's age, the NHS also has a handy guide on just how much paracetamol to give them if they are ill:

Age	How much	How often
6 to 8 years	250mg	Max 4 times in 24 hours
8 to 10 years	375mg	Max 4 times in 24 hours
10 to 12 years	500mg	Max 4 times in 24 hours
12 to 16 years	750mg	Max 4 times in 24 hours

As with any medication, painkillers should always be stored safely and where children cannot access them freely. Children under 16 cannot buy paracetamol in stores in the UK and should only be given them under the supervision of a parent, legal guardian or qualified health professional.

### What are the dangers of taking too much paracetamol?

Taking too much paracetamol can be harmful to someone's health and cause damage to their liver.

The [NHS website](#) states that:

Specific signs of paracetamol poisoning include:

- yellowing of the skin and the whites of the eyes (jaundice)
- loss of co-ordination
- low blood sugar (hypoglycaemia), which can cause symptoms including sweating, trembling and irritability.

### What should you do if you suspect an overdose?

The NHS says:

Go to [111.nhs.uk](https://111.nhs.uk) or call 111.

If you need to take your child to A&E, take the paracetamol packet or leaflet plus any remaining medicine with you.

If you suspect someone has taken an overdose, seek medical help immediately, by calling for an ambulance or by taking them to A&E.

### Further support for schools in Lincolnshire

Lincolnshire education professionals can access advice and guidance around how to support young people from any of the following:

- [Healthy Minds Lincolnshire](#)
- [Mental Health Support Teams \(MHSTs\)](#)
- Calling the [Lincolnshire Here4You Advice Line](#) on 0800 234 6342.