



The Cedars Primary School

Newsletter

Friday 9th December 2022

Christmas Events

Next week is the final week before we begin the Christmas break. We have several Christmas events planned for the children, as well as the Christmas show for parents and carers to attend.

Tuesday 13th December — Christmas Breakfast

Wednesday 14th December — Christmas Show 1.30pm All parents and carers welcome to attend

Thursday 15th December — Christmas Lunch

Friday 16th December — Last day of term 1.00pm finish

Wednesday 4th January — Children return to school



Increase in Scarlet Fever

We wrote to you yesterday to inform you of a recent national increase in notifications of scarlet fever to the UK Health Security Agency (UKHSA), above seasonal expected levels. We would like to take this opportunity to remind you again of the signs, symptoms and the actions to be taken if you think that you or your child might have scarlet fever.

Signs and symptoms of scarlet fever

Scarlet fever is a common childhood infection caused by *Streptococcus pyogenes*, or group A *Streptococcus* (GAS). It is not usually serious, but should be treated with antibiotics to reduce the risk of complications (such as pneumonia) and spread to others. The early symptoms of scarlet fever include:

- sore throat,
- headache,
- fever,
- nausea
- and vomiting. After 12 to 48 hours, the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present. Patients typically have flushed cheeks and be pale around the mouth. This may be accompanied by a bright red 'strawberry' tongue.

If you think you, or your child, might have scarlet fever:

- contact your GP or NHS 111 as soon as possible
- make sure that you or your child take(s) the full course of any antibiotics prescribed.
- stay at home, away from school for at least 24 hours



Volunteer. Because childhood can't wait.

If you have **parenting experience**, a few hours spare each week and want to make a difference to a local family, join our network of trained volunteers, helping families with young children through challenging times. **Free volunteer course** runs in **Whitton** on Tuesdays

9.30am-2.30pm from 31 January to
21 March 2023 (not 14 Feb).

To find out more, contact
Angie Ahmed

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07884 536161

homestart-rkh.org.uk

HOMESTART

**Richmond, Kingston
and Hounslow**

Charity No:
1108975





Hello, parents & guardians!
We are BeeZee Bodies, and we work with
The London Borough of Hounslow to
provide FREE (and FUN!) healthy lifestyles
support for children and their families.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW BEEZEE FAMILIES
GROUPS STARTING NEAR YOU IN **JANUARY**.

GET ON THE WAITING LIST!

Just go to beezeebodies.com/families
(or scan the QR code!) to find out more.



SCAN ME WITH
YOUR SMARTPHONE
CAMERA!

*To be eligible for this awesome free service, your family must live/go to
school/be registered with a GP in Hounslow and include one child age 5-15
who is above their ideal healthy weight.

LET'S MAKE SWEET POTATO CINNAMON SWIRLS!



WHAT TO DO:

1. Bake the sweet potatoes in the oven for one hour at 180C, or until soft.
2. Allow the potatoes to cool and then peel the skin off
3. Mash the potatoes and stir through the maple syrup
4. Mix the flour, baking powder, bicarbonate of soda and salt together.
5. Add in the flour mix to the mashed potato a little bit at a time, stirring until it becomes a ball. You might need to use your hands to bring it all together to form a dough.
6. Allow the dough to rest for at least 30 minutes
7. Using a rolling pin or your hands, roll out the dough onto a floured surface to make a rectangle. It should be the thickness of a £1 coin
8. Lightly brush the surface with the oil
9. Mix the sugar and cinnamon together and sprinkle across the surface
10. Using a pizza cutter or a knife, cut 3cm strips and then roll them to make a spiral
11. Put all the rolls next to each other in an oven dish and bake for 30 minutes
12. Meanwhile, mix icing sugar together with a little bit of water to make a thick paste.
13. Drizzle over the buns once they're cooled
14. Enjoy!

WHAT YOU'LL NEED:

- 2 sweet potatoes (cooked, peeled and mashed)
- 2 tbsp maple syrup
- 240g plain flour
- 2tsp baking powder
- 1/4 tsp bicarbonate of soda
- Pinch of salt
- 50g soft brown sugar
- 4 tsp cinnamon
- 1 tbsp vegetable or olive oil
- 50g icing sugar
- 1-2tsp water



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BeeZee Families



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London Borough
of Hounslow