

March Newsletter



Queens' Federation
Queen Emma
Primary School

Dear Parents and Carers,

It has been a short half term, but still we have packed lots in! We hope that you were able to find out useful information about your child's progress and next steps during our parent consultation evening and that you found these useful in understanding your child's current strengths and areas for development.

Our group of Key Stage 2 public speaking competitors eagerly attended the finals of our long anticipated public speaking event, held at Peterhouse College. Following a training session, they were told that their final piece had to be a two minute speech on either 'Should children be allowed to choose what they learn at school?' (Years 3 & 4) or 'Space exploration or deep sea exploration?' (Years 5 & 6). Our teams took on board all of the training advice they had been given such as maintaining good eye contact, speaking with a clear voice, introducing an element of humour and including changes in tone of voice. Four representatives from Queen Emma attended, who were Ha Young, Ayanna,



Rayan and Sofia. Well done to all of our finalists who overcame their nerves and spoke confidently in front of a large and relatively unknown audience and judges at the auditorium in Cambridge University's Peterhouse College. We are very proud of you. Not only did these children perform brilliantly, but they also undertook an awful lot of research for their final speech.

Our Science day at Queen Emma was enjoyed by children and adults alike. We were lucky enough to have been approved for a grant from the Royal Institute of Science and we put this grant to good use for our children. Key Stages 1 and 2 enjoyed a scientific based show that was performed in our school hall with the theme of 'Explosive Food'! During this show, the children learned about the nutritional content of food and how this contributes to our overall health and well-being. Key Stage 1 were intrigued to find out that the reason some of us do or do not like Brussel sprouts is down to our DNA and how we deal with a chemical found in Brussel sprouts known as phenylthiocarbamide (PCT). The shows were followed by a professional development session for our teaching staff and then a community show to which all families were invited after school hours. A member of staff from the Institute of Science demonstrated a variety of scientific experiments that included lessons on friction, combustion and ended with a show stopping demonstration of exploding chemical reactions. On another scientific note, our Year 5 children were invited to be part of a science



April

- 15 Training Day –
School Closed
- 16 Start of Summer Term
- 19 Class and Y6
Leavers Photos

May

- 1 Y3 Y4 Bikeability
- 6 Bank Holiday –
School Closed
- 8 Zebra Class
Assembly
- 13-16 Y6 SATs Week
- 13 PSFA Meeting
- 20 -23 Y6 - Bikeability
- 22 Kestrel Class
Assembly

HALF TERM
27th May – 31st May

lecture, held at the University of Cambridge Department of Chemistry. The children observed breathtaking chemical experiments in front of their very eyes and were encouraged to take notes to support their learning. Thank you for the very positive feedback received about this event.



A group of Year 5 and 6 children attended a coding challenge day that had been sponsored by the Cambridge Rotary Club that was held at the Centre for Computing History this half term. This involved the children working in teams to use a micro:bit to control a buggy with two challenges at progressive difficulty levels. The participants had to use the block coding interface of the micro:bit to code the buggy to investigate its features such as sensors. They had to end their challenge by navigating their buggies through a maze!

During one of our assemblies, we were lucky enough to be joined by a Paralympian goalball player and her friend who is just learning the sport. Both of these visitors were called Sarah and the children learned from them how people with disabilities such as a visual impairment can still be involved in inclusive sporting activities. We learned all about how the ball used in goalball contains a bell and that all of the players, regardless of disability have to wear a blindfold, to make the game fair. We also found out that the audience who watch a game of goalball in an Olympic stadium have to be completely silent so that the players can hear the ball! Also visiting in this assembly was Sarah's guide dog. Sarah spoke about how her guide dog assists her in everyday life. Children in Reception then had the chance to play a game of goalball together.



As per the previous newsletter, we have now held our interviews for our school leaders as part of our commitment to Leader in Me. We have been able to appoint to three leadership roles and we now have children from across the school who will take on some exciting new responsibilities. Well done to our environmental leaders: Mina, Lucy, Prabhleen, Ruby, Yino, Grace and Libby. Our property leaders: Oliver, Kiaan and Geraldo and our KS1 Playground Leaders: Kyla, Esmay, Poppy, Madeleine, Sophia, Alice and Ruby. All went through a successful application and interview process to obtain these roles.

As we have heard from the new His Majesty's Chief Inspector, Sir Martyn Oliver at Ofsted, there is an appetite for reform following calls nationally from schools, parents unions and leaders to ensure that the system reflects a fair, transparent and humane approach. I was fortunate enough to meet with Sir Martyn in a private meeting this half term, during which we spoke about the difficulties with the current system. Whilst he understands and appreciates the skepticism around Ofsted at present, I am pleased to report that he seems keen and open to change. I welcomed this meeting as an opportunity to hear about his desires for the future of the school inspection system.

It has been lovely to see many of you enjoying a school meal with your children this half term and we look forward to welcoming more of you in the Summer term. It was also pleasing to see our families supporting Comic Relief by wearing red to school – thank you for your support.

Following the half term break, please be reminded that school re-opens for children to return on **Tuesday 16th April 2024**.

Yours sincerely

Sarah Jarman
Executive Headteacher

Winning House Revealed

Thank you to everyone who participated in our 'Reading Bookmark' challenge and earned house points for their house team.

Newton House = 4470

Darwin House = 4420

Hawking House = 3680

Franklin House = 3480

These house points were added to our class totals to reveal the winning house for the second half of spring term.

Congratulations to Newton House!

Newton House = 5991

Hawking House = 5548

Darwin House = 5447

Franklin House = 4766

We hope you enjoy your non-school uniform day on Thursday 18th April 2024.



Cubs



This term in Cubs we have been focusing on the stories 'Jack and the Beanstalk' and 'Jasper's Beanstalk'. The children are familiar with the repetitive phrases in the stories and were able to act out what happens by looking at the pictures. Cubs have planted their own beans into a plastic bag with water, and we have put them in the window to watch them grow. Cubs had fun exploring green spaghetti, and were supported to use scissors to chop down the beanstalk. On the creative table we have been making butterflies. We used paint on one side folded our paper in half to make a symmetrical butterfly.

Foxes

This half term Foxes have enjoyed learning about 'Change' in relation to lifecycles. The children have loved looking at photographs of themselves as babies and comparing them to how they are now. We have also read the story 'The Very Hungry Caterpillar,' counting the increasing amount of food eaten by the caterpillar throughout the week, and talking about its change to a cocoon and then butterfly. In Forest School we made caterpillars out of twigs and pipe cleaners and have looked for signs of spring, ticking these off on our clip boards. We have finished the term with some fun Easter celebrations, including craft activities and chicken songs with actions! We now wish all our families a very happy holiday.



Hedgehog



This half term, Hedgehog Class have been exploring traditional tales. We have listened to the stories of The Three Little Pigs, Goldilocks and the Three Bears and Little Red Riding Hood. We then practised telling the stories, using Makaton signs to help us. Our Physical Education sessions have also involved traditional tales, we have been exploring the story of Jack and the Beanstalk by making different shapes with our bodies and practising a range of balances to retell the story. We have all had a lot of fun using the character masks and other story props to retell the stories in our classrooms.

Owl

This half term in Reception, we have a new pet in our classroom - tadpoles. At the start of the half term, we bought a new tank for our classroom and filled it up with rainwater. Miss Coston then bought in some frog spawn from her neighbour's pond. Over the first week, we put plants in for the tadpoles to eat once they had hatched. By the end of the first week, the frog spawn had started to break. The black dots became little flicks and the jelly surround started to break up. We then learnt, through the use of a life cycle, that they would be growing into tadpoles next. We now have lots of little tadpoles swimming around our tank and are looking forward to them next growing their legs before coming a frog.





Dolphin



This term Dolphin Class have learnt to write and follow a set of instructions. We made our very own set of instructions to catch the dragon that escaped to Queen Emma. In Science, we continued exploring the different groups of vertebrates and invertebrates. We have thoroughly enjoyed acting out and performing the Easter story to our peers. Our favourite part of this term was learning about castles and having a feast in the grand hall. Not only that, we also created our own castle to protect a princess! What a great end to the term.

Seahorse

'Castles' has been a fantastic topic! We have learnt so much about these amazing buildings, the four different types of castles, their features and who may have worked there including what their lives may have been like. The highlight of this term was definitely our 'Castles Day' where 'History off the Page' came in and immersed us in a medieval castle. We made lots of different crafts such as soaps, grotesques and wax candles. In the afternoon the hall was transformed into a medieval banquet where the children were grouped into either royalty, performers or servants. We then feasted on bread, cheese, fruit and even blackcurrant wine! The children had a fantastic day and learnt so much going back in time. Onwards to 'Nature Explorers' after the break...



Penguin



Penguin Class have all worked extremely hard in this short half term. We started our topic with a 'Great Fire of London' day by History Off the Page. It was a wonderful way for the children to experience life during the time of 1666. The children made artefacts from the time and enjoyed the archaeological dig in the afternoon. During English, the children have been writing their own diary in the life of a character from 1666 and have produced an information text demonstrating their knowledge of all things fire related. We enjoyed a whole art day, where the children created their own fire pictures using primary colours and black paper for the buildings.

Polar Bear

Polar Bear Class really enjoyed our 'Fire, Fire!' topic which involved travelling back in time in history to 1666 to learn how and why the Great Fire of London spread and who the significant people of the time were. We had a fantastic day with History Off the Page exploring artefacts, making and acting. In Mathematics, we consolidated our learning on division and explored 2D and 3D shapes. Art and design was great fun as we created Great Fire of London scenes by colour mixing, layering and collaging. We have also been busy achieving our class WIG 'to use kind words'!





Macaw

Macaw Class have had a busy term with their history topic, learning all about the Ancient Greeks and how they still influence our lives today. The Ancient Greek day was a fantastic experience for them all. They have also been busy designing and making their own Greek salad in Design and Technology!

Toucan

This half term the children have enjoyed learning about Ancient Greece. The children were amazed to find out how much of their daily lives are influenced by the Ancient Greek legacy. This topic continued into our English lessons as we have been using 'Theseus and the Minotaur' as our inspiration for writing powerful sentences ready to write our own myth after the holidays.



Falcon

Falcon Class have had an interesting half term learning about the explorers of the Antarctic which included a trip to the Scott Polar Institute. In English we wrote our own diaries as if we were a member of the Shackleton team of explorers attempting to cross Antarctica. We used fronted adverbials and expanded noun phrases to describe what we saw there and thought about our emotions when we failed our expedition. In Geography we have been learning about climate zones and biomes and in Science we have been learning about electricity. We used our electrical knowledge to make torches on our Design and Technology day. We had a wonderful Science Day and enjoyed setting up a number of experiments and watching what happened. What a busy but short half term it has been!

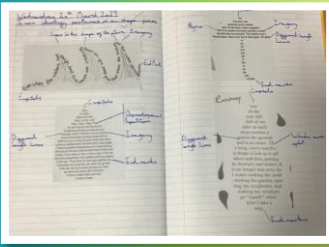
Kestrel

Kestrel Class have worked really hard this half term! We have written diary entries based on Shackleton's expedition to the South Pole. To help with this, we visited the Scott Polar Research Institute in Cambridge. In Mathematics, we have continued to develop our skills, working on coordinates and negative numbers. We have learnt about electricity in Science and how to build and represent an open and closed circuit. In Design and Technology we have designed, made and tested torches. We have also continued to develop gymnastics routines in Physical Education and worked on fitness.





Giraffe



In English, we have written our own narrative and shape poem, learnt how to say what the weather is like in French, and understand how to work out the volume of compound shapes. As well as this, we went on a school trip to the University of Cambridge for a Science lecture. We watched a lecture about how water can cause different types of reactions. It was amazing!

Zebra

Mr Evans has enjoyed getting to know Zebra Class and congratulates them all on their amazing achievements across all subjects this term. In English we have been working hard writing our own stories, with certain children really showing passion and commitment to their ideas. Well done! Mrs Murphy and I are very proud of the resilience shown in Zebra Class's learning since the start of January and wish all children and their families and carers a relaxing Easter.



Jaguar



Jaguar Class have been working incredibly hard this term. We have especially enjoyed our Science lessons. Our focus was on classifying living things based on their characteristics. To start with, we played a game of 'Guess Who', which gave the children the opportunity to think about ways to distinguish between different animals; we then applied this to draw a dichotomous key. The children have really enjoyed thinking about key questions and creating their own diagrams. We have also applied our knowledge of animals and the Amazon Rainforest within our writing in English and Guided Reading. I'm sure the children will agree with me when I say that we recommend reading *The Explorer* by Katherine Rundell, it's been great!

Panther

We have had a short but busy half term. Along with our regular daily activities, we have also been able to participate in some regular Physical Education activities. For most of the term, we have focused on improving our basketball skills, including passing, moving down the court and general rules of the game. There has been a lot to understand and demonstrate, but we have done incredibly well (even with the weather challenging us at times.) Great work!



Football Tournament

The Key Stage 2 football team worked hard at the latest competition held at Coleridge School earlier this term. Well done to those who represented our school with positivity and wonderful teamwork!



Kacper - I am very happy that we managed to draw against the winning team and managed to score two goals in the play-offs.

Yanis A - The part that I like the most about the tournament is we drew with the winning team.

Xavier - I really enjoyed the football tournament, even though we were feeling down at some points, it was really nice to be the very first children to ever wear the Queen Emma kit. I know we didn't win but we put up a good fight and drew with the winning team. Also, we did score two goals which helped lift the team's spirit and carry on.

Logan - I enjoyed when it was the last match as I got the ball more often and in training when we were shooting I scored.

Yanis K - In the football tournament I liked how we got to play against other schools. I also enjoyed how we got our own kits. Finally, I really liked how we all got a chance to play in different positions.

Jeremiah - we tried our best and we kept on going!

Arman - In the football tournament I really liked how we all talked and played together and accepted if we got substituted.

Ralph - I really enjoyed playing in the football tournament and getting to play against other schools, which I rarely do. Although, we didn't win the team did well and it was an achievement because we had never played as a team before.

Alexander - We worked well as a team, and were able to draw against the overall winners.

Delwyn - I enjoyed playing with people from school and getting to play football against other schools on bigger pitches.



Queen Emma Primary School Parents, Staff and Friends Association (PSFA)



The PSFA are a group of parents, staff, and friends of Queen Emma Primary School, focussed on developing a sense of community, organising events, and raising funds to enrich our school environment.

Fundraising to benefit the school community

Outdoor Equipment: As you know, we are currently fundraising for equipment for the outdoor playgrounds. We hope that the shade sail planned for the back playground will be ready for the summer months.

PSFA events

Bake Sales: Thank you to Year 3 for a lovely Bake Sale on 22nd March. Everyone enjoyed the tasty treats; there were some especially delicious home-made cakes, so thank you! The event raised an impressive £231.66. Well done, Year 3!

As you know, the competition is ongoing between the year groups, to see who can raise the most at the 2023-2024 Queen Emma PSFA Bake Sales. Year 4 are currently winning... but let's see how Year 2 do next!

Second Hand Uniform Sales: Thank you also to those who have donated or purchased second-hand uniform this half term. The uniform sale on 22nd March raised £45. If anyone couldn't make it and still needs uniform, please email us with any requests and we will look to see if we have the items in stock.

(Suggested donations: school fleece £4, school jumper/cardigan £2.50, trousers/shorts/skirts/dresses £1, polo-shirts 50p)

Bag2School: Thank you to all who kindly donated their pre-loved clothing to this initiative, and we look forward to hearing how much we raised this time.

Next half term:

Year 2 Bake Sale, Fri 26th April, 3.15pm: It's Year 2's turn to run the Bake Sale this half term, and we all look forward to buying their treats after school, so thank you in advance, Year 2.

PSFA Committee Meeting Monday 13th May 2pm: Do come and join us.

Getting involved on the PSFA:

Thank you to all those who attended the PSFA AGM meeting on 11th March. We are delighted to let you know that we were able to elect a new Treasurer, Katharine Oldak, and a new Vice-Chair, Hannah Merriman, who are joining

the committee. We look forward to working together with them over the coming year and are very grateful for their willingness to serve.

Thank you also to all those who help so willingly with the PSFA events.... Looking ahead to our fabulous Summer Picnic on 28th June, we will need plenty of volunteers to help on that occasion, so do put the date in your diary and look out for more details nearer the time!

We are also urgently looking for volunteers to join our committee, as class reps. If your child's class is without a rep just now, might you consider standing? Please do get in touch to find out more: queenemmapsfa@gmail.com

Easyfundraising: Don't forget this easy way to raise funds for school....Nearly 3,000 retailers, including Amazon, John Lewis, Aviva, thetrainline, Sainsbury's, Ebay and many more, will donate a percentage of the amount you spend to Queen Emma PSFA to say thank you for shopping with them.

You simply have to set up **Easyfundraising** on each device you may shop from:

1. Go to <http://www.easyfundraising.org.uk/causes/queenemmapsfa>
2. Sign up for free and make use of it whenever you shop online!

We send you all our very best wishes for a happy and restful Easter break.

With many thanks indeed,
Queen Emma PSFA



Reminders

Parking

Please ensure that you continue to think about our children and community by parking considerately. We liaise regularly with the parking control team and notify them of any concerns we might have. It is not acceptable to park on the zig zag lines or to use the entrance to the school as a drop off point. This creates a danger for our families and children.

Scooters

Please be reminded that scooters and cycles **MUST** be dismantled before entering the school grounds, by both adults and children. Please also be reminded that the large vehicle gate at the front of the school is not suitable for pedestrians and cyclists to use. Please use the smaller gate to access the site.

Jewellery

Jewellery may not be worn in school. The only exceptions are watches, studs for pierced ears, and cultural or religious adornments, which must be removed during lessons involving physical exercise. If such items cannot be removed the individual is not prepared in an acceptably safe way and cannot continue as is, so must take part in modified activity. The school will not accept responsibility for removing or storing studs. Long hair should be tied back for PE and DT activities.

School Uniform

Grey skirt, pinafore, trousers or shorts

Blue and white checked summer dress

Royal blue sweatshirt or cardigan

Pale blue polo shirt

Black shoes or black trainers

White, black or grey socks / tights

Leggings may be worn instead of tights, but not instead of trousers

No jeans please.

PE Kit

Children need plain black shorts, a white t-shirt and plimsolls/trainers. Depending on the weather, children will also need a tracksuit and trainers for outdoor games lessons. Children will continue to arrive in their PE kits, when it is their PE day.

Message From The Office

Hello Families,

We have prepared the below FAQs which we hope you find helpful when using the select website for ordering school lunches. Please remember to login in over the Easter holidays to book your child's lunch for the first week back at school. There is a new menu when the children return to school and this can be found near the end of this newsletter. The menu will start on Week 3.

A hiccup we have come across when ordering is the change of month. Please remember to tab to the right to book for the next month if the 1st of the month falls midweek.

FAQs

Q) What time is the cut off for ordering or cancelling a lunch each day?

A) 8.30 am.

Q) My child forgot their packed lunch, what happens?

A) They will receive a jacket potato and baked beans or pasta topped with homemade tomato sauce.

Q) I forgot to order my child's lunch and I have missed the cut off time, will my child be able to have a lunch?

A) Yes, they will receive a jacket potato and baked beans or pasta topped with homemade tomato sauce.

Q) My child wants to start having school lunches but I don't know how to order?

A) Please contact the school office and we will provide you with a unique code to login to the Select website.

Could your child be entitled to a **FREE** school meal?

If your financial circumstances have been affected by the COVID 19 crisis you could now be entitled to Benefit Related Free School Meals (FSM). Not only will this provide an allocation of £2.50 per day towards food and drink at school, it also allows the school to benefit from additional funding for a period of up to five years.

Am I eligible?

You are eligible for this if you are receiving any of:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit (unless you're also entitled to Working Tax Credit, and earn no more than £16,190)
- Working Tax Credit run-on (paid for 4 weeks after you stop receiving Working Tax Credit)
- Universal Credit (provided you have an annual net earned income of no more than £7,400)

If in doubt, please fill out the simple online application form at

www.cambridgeshire.gov.uk/freeschoolmeals

where you will receive an instant response as to your eligibility status. If you are eligible for FSM your child's school will be informed within 3 days.

If you have any queries regarding this information, please call the Education Welfare Benefits team on 01223 703200 or email ewb.fsm@cambridgeshire.gov.uk

Or look at the website www.cambridgeshire.gov.uk/freeschoolmeals

TRADITIONAL

Week 1

FOOD FESTIVAL

by Aspens

LUNCHTIME

Spring/Summer
2024:
22/4, 13/5, 3/6,
24/6, 15/7

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



THE MAIN EVENT
Beef Burger & Hand Cut Potato Wedges

Pasta Beef Bolognese

Roast Chicken, Stuffing, Roast Potatoes & Gravy

Hoisin Sticky Vegetable & Noodle Stir Fry

Golden Fish Fingers or Salmon Fingers & Chips



MEAT-FREE MAGIC
Vegetarian Dish
Homemade Veggie Burger & Hand Cut Potato Wedges

Veggie Pasta Bolognese

Cauliflower & Broccoli Cheddar Bake with Roast Potatoes

Sweet & Sour Vegetables with Wholegrain Rice

Homemade Cheesy Leek Sausage & Chips



RAINBOW ALLEY
Vegetables and Salads
Sweetcorn

Coleslaw & Salad

Carrots & Peas

Green Beans

Baked Beans



BIG TOPPING
Filled Jackets
Jacket Potato with Beans or Cheese or both

Jacket Potato with Tuna Mayo or Cheese

Jacket Potato with Beans or Cheese or both

Jacket Potato with Cheese or Chicken Mayo

Jacket Potato with Beans or Cheese or both



DESSERT TROLLEY
Fresh Melon & Pineapple Sticks

Strawberry Frozen Yoghurt

Tutti Frutti Jelly Pots

Carrot Peeling Cake

Marble cookies



LUNCHTIME

TRADITIONAL

Week 2

Spring/Summer
2024:
29/4, 20/5, 10/6,
1/7, 22/7

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



British Chicken Sausage Hot Dog & Potato Wedges

Homemade Margherita Pizza Slice

Roast Chicken, Stuffing, Roast Potatoes & Gravy

Chicken & Veg Meatball Marinara & Pasta

Golden Fishcake & Chips



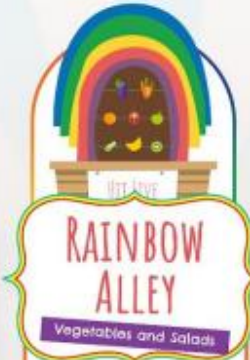
Veggie Sausage & Cheese Hot Dog & Hand Cut Potato Wedges

Homemade Pineapple Topped Pizza Slice

Cheese & Onion Filo Pie with Roast Potatoes

Baked Mac & Cheese

Cheesy Bean Wrap



Sweetcorn

Potato Salad & Garden Salad

Carrots & Peas

Broccoli

Baked Beans



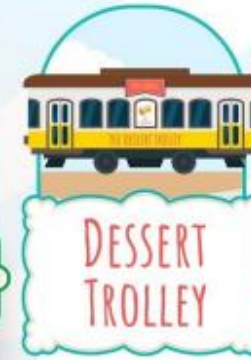
Jacket Potato with Beans or Cheese or both

Jacket Potato with Tuna Mayo or Cheese

Jacket Potato with Beans or Cheese or both

Jacket Potato with Cheese or Chicken Mayo

Jacket Potato with Beans or Cheese or both



Classic Apple Crumble & Custard

Orange Jelly & Clementine Slices

Vanilla Ice Cream

Old School Cake & Sprinkles

Maple Oat Cookies



LUNCHTIME

TRADITIONAL

Week 3

Spring/Summer
2024:
15/4, 6/5, 27/5,
17/6, 8/7, 29/7

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



THE MAIN EVENT

Chicken Bangers, Mash & Beans

Cheese & Tomato Pitta Pizza with Pasta Salad

Roast Chicken, Stuffing, Roast Potatoes & Gravy

Creamy Chicken & Sweetcorn Pie & New Potatoes

Golden Fish Fingers & Chips



MEAT-FREE MAGIC
Vegetarian Dish


Veggie Bangers, Mash & Beans

Cheesy BBQ Pizza Pinwheel Swirl with Pasta Salad

Root Vegetable Bean Stew & Roast Potatoes

Cheese & Potato Pie with New Potatoes

Veggie Finger & Chips



RAINBOW ALLEY
Vegetables and Salads

Baked Beans

Carrot Sticks

Steamed Mixed Greens

Summer Vegetables

Baked Beans



BIG TOPPING
Filled Jackets


Jacket Potato with Beans or Cheese or both

Jacket Potato with Tuna Mayo or Cheese

Jacket Potato with Beans or Cheese or both

Jacket Potato with Cheese or Chicken Mayo

Jacket Potato with Beans or Cheese or both



DESSERT TROLLEY

Vanilla Shortbread

Cinnamon Apple Cupcake

Strawberry Jelly

Jammy Crumble Bar

Sweet Potato Brownie

SALAD, BREAD, YOGHURT AND FRUIT.
APPEARING DAILY



PASTA TWIRLER
AVAILABLE EVERY DAY
Topped Pasta
Hot Pasta topped with Homemade Tomato Sauce & Cheese

Prepare For Pollen Season

Know Your Pollen Triggers

Pollen season will soon be upon us and being prepared during hay fever season can help reduce your child's risk of an asthma attacks.

Different trees and plants release pollen at different times, but changeable weather in the UK makes it hard to predict exactly when this will happen. If your child gets hay fever symptoms all year round, you could have non-allergic rhinitis or an allergy to something else.

If your child gets hay fever and takes antihistamines, start giving them two to four weeks before the symptoms normally start. Taking them early means that when pollen starts being released, the medication has already built up in your child's bloodstream, so they may be less likely to react.

If they use a steroid nasal spray, it can take up to two weeks to start working, so start using it before your child's symptoms usually begin.

Asthma & Lung UK have a pollen calendar to help you track and spot your child's symptoms. You can check it out here. <https://www.asthmaandlung.org.uk/pollen-calendar>

How to reduce your risk of hay fever symptoms

These steps will reduce your risk of your child's symptoms getting worse, or an asthma attack as a result of hay fever.

1. **Take any preventer or maintenance treatment every day, as prescribed.** This will help reduce the risk of their lungs reacting to pollen. When you have asthma, this is especially important, as the asthma preventer inhalers contain a low dose of steroid, which reduces inflammation that can be triggered by pollen.
2. **Always carry a reliever inhaler, (usually blue) with you.** You might also call this a rescue inhaler. These inhalers quickly relax the muscles in your airways and ease your asthma symptoms on the spot.
3. **Try to stay away from their triggers, if possible.** Take extra care if you're out and about when it's warm, humid and windy, or if the pollen count or the level of pollution is high. Check the weather on your TV or online or use a weather app on your phone to get weather and pollen alerts.
4. **Take hay fever medicines.** They help reduce the allergic reaction that could be making your symptoms worse.
5. **Call your GP surgery or 111.** They can help if your asthma symptoms get worse.

For more information on Allergies please click the link in the following document:

[Allergic Rhinitis and Hay Fever Allergy Advice.docx](#)