

# SPRINGFIELD'S HEALTH AND WELL BEING LEAFLET



Welcome to our new Health and Wellbeing leaflet!

## What's New?

Springfield Primary is taking part in the Healthy Early Years Award which is accredited by Public Health Sheffield. As part of this award we will be sharing health messages to support families in making informed choices about giving your children a health start during their primary Years.



OUR AIM IS TO SHARE UP TO DATE AND RELEVANT INFORMATION ON HOW TO KEEP YOUR FAMILY HEALTHY AND HAPPY!



## KEEPING HEALTHY!

### Vaccinations:

Is your child up to date with their vaccinations? Vaccines teach your immune system how to create antibodies that protect you from diseases. It's much safer for your immune system to learn this through vaccination than by catching the diseases and treating them. Once your immune system knows how to fight a disease, it can often give you life long protection.

## Vaccination Information:

Is your child up to date with their vaccinations? Scan the QR for information on vaccinations.



Information for if you are New to the UK or visiting the UK can be found here:



## DID YOU KNOW?

### Vaccines do

- ✓ help to protect you and your child from many serious and potentially deadly diseases
- ✓ protect other people in your family and community – by helping to stop diseases spreading to people who cannot have vaccines, such as babies too young to be vaccinated and those who are too ill to be vaccinated
- ✓ undergo rigorous safety testing before being introduced – they're also constantly monitored for side effects after being introduced
- ✓ sometimes cause mild side effects that will not last long – you may feel a bit unwell and have a sore arm for 2 or 3 days
- ✓ reduce or even get rid of some diseases – if enough people are vaccinated

### Vaccines do not

- ✗ do not overload or weaken the immune system – it's safe to give children and adults several vaccines at a time and this reduces the amount of injections needed
- ✗ do not contain mercury (thiomersal)
- ✗ do not contain any ingredients that cause harm – only ingredients essential to making them safer and more effective and only in very small amounts
- ✗ do not cause autism – studies have found no evidence of a link between the MMR vaccine and autism





# RECIPES FOR YOU TO TRY AT HOME:



## Lemon Chicken & Yogurt Flat Breads



### Instructions: step 1

Put the chicken in a bowl. Pare strips of zest from the lemon using a vegetable peeler, then juice the lemon too. Add the peel and half the juice to the chicken, along with the oregano (if using), garlic, cinnamon and oil. Mix well, cover and chill for an hour. The lemon juice will start to 'cook' the chicken, so don't leave for longer.

### step 2

Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a griddle pan. Thread the chicken strips onto a couple of metal skewers to stop them falling through the grate (you don't need to do this for the griddle), then grill for a couple of mins each side. The strips will cook through quickly so don't leave them too long. Season if you like.

### step 3

Warm the flatbreads on the edge of the barbecue (or on the griddle) for a minute, then transfer them to plates and spread each with ½ tbsp yogurt. Divide the chicken strips between them, then dot on the remaining yogurt and sprinkle over the pepper and lettuce. Fold or roll the flatbreads to eat.

You can find more healthy recipes here:

### Ingredients:

- 2 skinless chicken breasts (or any other alternative) cut into strips
- 1 lemon
- 1 tsp dried oregano (optional)
- 1 garlic clove crushed
- pinch of cinnamon
- 1 tbsp olive oil
- 4 flatbreads
- 4 tbsp Greek yogurt
- ¼ red pepper finely chopped
- 1 Little Gem lettuce finely chopped



SCAN ME

# Autumn

- The Autumn session is upon us! Y3 and Y4 children have been busy making some autumnal soups with our catering company TaylorShaw. We hope you have enjoyed the soup they have brought home.
- Liv and Bryony, our Police Community Support Officers, have visited school a couple of times to speak with the children about keeping safe. The children really enjoyed the visits and Liv and Bryony enjoyed visiting Springfield!
- Springfield School also introduced Parent/Carer coffee mornings this term. It has been lovely to see parents and carers come for a hot drink and a chat. Please feel free to drop in to the coffee mornings- they run every Wednesday 9.15-10.15am.
- This term we have also planned various workshops with the Family Adult Community Educational Services (FACES)- please keep a look out for upcoming events you can sign up for - these workshops are completely free to access.



## Useful Information:

A change of season often brings autumn coughs, colds and virus too. Here's a reminder of what to do if your child isn't feeling 100%:



SCAN ME



NHS guidance on: Is my child too ill for school?

## 50 things to do before Five

This helpful set of ideas for play and learning, featured in an app, website, and printed resources, is free to mums, dads, and caregivers.

50 Things to Do is based on the simple notion that quality time with family, indoors and outdoors, is a great way to support children's development. That's why we've put together 50 fun, low or no-cost activities for you to explore and enjoy at your own pace. We recognise that what parents do with their children at home makes a big difference to their long-term learning and wellbeing. Every 50 Things to Do activity helps children learn, with a focus on relationships and playing together, supported by their most important teacher - you.



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