



Friday 10th January 2025

Dear Parents/Carers,

I hope you all had a great Christmas, New Year and first week of the new term.

I am writing with my usual weekly letter of news and information. I can be contacted at [exechead@aspire-kent.org.uk](mailto:exechead@aspire-kent.org.uk) between 8am - 5pm Monday to Friday for queries and questions. Also Lauren my PA can be contacted at [lriby@aspire-kent.org.uk](mailto:lriby@aspire-kent.org.uk). Any requests for meetings or appointments can be made through Lauren - thank you.

### **NHS Pharmacy First Service-**

The NHS Pharmacy First Service enables children and adults to get convenient access to healthcare advice and treatment where appropriate, for seven common conditions, without the potential delay of having to wait for a GP appointment.

There is no need to make an appointment, you are able to pop into the local Boots pharmacy with your child and ask for help under the service.

Support for the following conditions can be accessed under the service, free of charge (unless NHS prescription charges apply):

- Earache (aged 1 to 17 years)
- Impetigo (aged 1 year and over)
- Infected insect bites and stings (aged 1 year and over)
- Sore throats (aged 5 years and over)
- Sinusitis (aged 12 years and over)
- Uncomplicated urinary tract infections (UTIs) in women (aged 16 to 64 years)
- Shingles (aged 18 years and over)

A summary of the service is available as an [animation](#) and more information can also be found at [nhs.uk/thinkpharmacyfirst](https://www.nhs.uk/thinkpharmacyfirst) as well as at <https://www.boots.com/healthhub/a-z-services/pharmacy-first>.

### **A chance to have your say-**

This current survey is a chance for parents, volunteers and professionals to submit evidence for an Education Committee on 'solving the SEND crisis'.

Parents are being asked to write their evidence on a word document (or equivalent) and submit it onto the site. There are a list of questions to consider and they are primarily looking for short term actions to stabilise the SEN system.

**This survey closes on the 30th January.**

To submit your evidence and for further information visit-

[Call for Evidence - Committees - UK Parliament](#)

### **Pensioner Just Missing Out Scheme-**

The Pensioner Just Missing Out scheme supports Kent pensioners in need of help with significantly rising living costs. This is something that could be shared with relatives or neighbours to provide further support for them.

The scheme is available for pension-aged residents on lower incomes who are not eligible for Pension Credit or the Government's Winter Fuel Payment.

Please note – an email address will need to be provided and those applying will need to have online access for energy support activation. Food vouchers will not require online activation and can be issued by email or post.

This scheme provides eligible residents with £200 towards energy, food, or both. **The scheme will close on 28 February 2025, or when all funds are spent.**

### **Maidstone Girls Grammar School Open days-**

MMGS are hosting two Interactive Taster Sessions for Year 5 pupils.

These dates are-

**Tuesday 14th January- 4.15-5.15pm**

**Wednesday 22nd January- 4.15-5.15pm**

Please see additional poster attached and spaces can be booked by visiting-

<https://www.mqgs.org/joining-us/joining-our-year-7/open-events-for-joining-in-year-7/#y5transition>

### **Family First Magazine-**

Please find the link below for the Winter Edition of the Family First Magazine. This includes tips about healthy eating, recipes, winter activities for the children and much more usual information.

<https://familyfirst.co.uk/magazines/family-first-issue-1-2025/>

## **Miss Liddicoat's New year challenge!!**

Get energised with a 10 minute shake up game from your favourite Disney character.

Click here to access:

<https://www.nhs.uk/healthier-families/activities/10-minute-shake-up/>

## **BOUNCE-**

What a fantastic first week of our Bounce provision at Platts Heath!

Despite the freezing conditions, children have been able to complete a full week of activities including rock climbing, boxing and woodland learning!

We can't wait to see what the next few weeks bring!

Wishing you all a lovely weekend.

Kind regards,

Emma Hickling  
Executive Headteacher

