

Friday 21st November 2025



Colour bombing at the Colour Run on Sunday 16th November

### Colour Run and 5K Trail Run

Thank you to everyone who helped to make the colour run or 5K trail run on Sunday afternoon such a success. A big thank you to Matt Graham and Amy Stennett who were the masterminds behind the event. The organisation of the event was superb and was great fun as a participant or spectator. Congratulations to all of the runners who took part on Sunday, especially the children who had the stamina and determination to do the colour run followed by the 5K; you were all amazing.

### Nativity Play Ash, Oak and Beech — Selwyn Hall

We're very sad to say that this year we are unable to do a whole school nativity play. Plaster has fallen from the ceiling of the church and, although the church is still in use, half of the church is currently cordoned off. We have looked at the availability of other local halls large enough to accommodate the whole school and parents and have come to the conclusion that, sadly, it's not possible this year.

Ash, Oak and Beech class will do the nativity play in the Selwyn Hall, we will still do two nativity performances to ensure that all parents get to see it. Children in Chestnut and Sycamore will watch the dress rehearsal. We will need to ticket the nativity performances as, unlike the church, there is a maximum capacity of 200 (including the children) in the Selwyn Hall.

Please follow this *Forms link* to book tickets for the nativity performances by 3pm Friday 28th November.

### Carol Service

The carol service will also be in the Selwyn Hall this year. The older children will be telling the Christmas story through Bible readings and carols. Beech, Chestnut and Sycamore classes will each be performing a class carol; choir are also preparing carols for the service. Please come along and join us for the carol service.

### Book Fair—volunteers

We will be holding a book fair in the hall after school on Wednesday 3rd to Monday 8th December. If you are able to offer some time to help us run the fair on one or several of the days please email the [school office](#).



Box Church of England  
Primary School  
01225 742663

## School Diary

### Term 2

24/11/25 - Beech Class trip to Stonehenge  
25/11/25 - Walk Safe for Oak, Beech and Sycamore  
3—8/12/25 - Book Fair in school  
8/12/25 - Nativity dress rehearsal, Selwyn Hall  
11/12/25 - Nativity performances Selwyn Hall 2pm and 5pm  
16/12/25 - KS1 Christmas lunch and party  
17/12/25 - KS2 Christmas lunch and party  
19/12/25 - last day of term & Carol Service 10am in the Selwyn Hall

### Term 3

05/01/26 - first day of term  
14/1/26 - SEND coffee morning  
14 & 16/1/26 - choir performing 'Star Dust' with Voices for Life in the Wiltshire Music Centre  
22/1/26 - Police visit to classes  
26/1/26 - Young Voices concert (10 children) BP Pulse Live, Birmingham  
26/1/26 - reading evening for KS1 parents  
10/02/26 - World Safer Internet Day  
13/02/26 - last day of term

### Term 4

23/02/26 - first day of term  
02/03/26 - Sycamore class Wessex Water workshop  
05/03/26 - World Book Day  
27/03/26 - last day of term & Easter Service 10am in the church

### Term 5

13/04/26 - first day of term  
14/05/26 - Ascension Day services  
18-22/05/26 - Yr 6 to Jamie's Farm  
22/05/26 - last day of term

### Term 6

01/06/26 - first day of term  
19/06/26 - Sports Day  
17/07/26 Leavers' service 2pm church & last day of term  
20-22/07/26 - SDDays



❁ **Save Your Greeneries for Our Community Wreath!** ❁

As we head towards the school holidays, we'd love your help collecting natural materials for our *Box Community Christmas Wreath!* Please save any fresh greenery from your garden, such as holly, ivy, pine, or eucalyptus.

You can also gather natural dried materials like corn husks, seed pods, pinecones, or dried grasses — they'll make lovely, eco-friendly decorations.

Let's create something beautiful together for our school community!

Save the date - Sunday 14th December, join us for the wreath light up. We'll also be selling decorations at the Box Christmas Market on 7th December

More details about the project and when we're collecting donations of greenery will be shared before the end of November.

Team FOBS



Runners setting off on the inaugural Colour Run & 5k Trail Run

Photo provided by FOBS

# Caring for children with COUGHS

This leaflet contains information about how to look after a child who has a cough (not due to asthma). For more detail see [www.bristol.ac.uk/child-cough](http://www.bristol.ac.uk/child-cough)



## COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

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## DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

**For children over 1 year**, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

**For children over 2 years**, vapour rubs (containing camphor, menthol and/ or eucalyptus) may help children sleep better.



## FEVER/HIGH TEMPERATURE

**In children, a temperature of over 37.5°C is considered a fever.**

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

## DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

**All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.**

To help prevent dehydration, encourage your child to have sips of water.



## WHEN TO SEE THE DOCTOR

Arrange to see or speak to your doctor today if any of the following occur:

### RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

AGE OF CHILD	BREATHING RATE
Babies under 6 months	over 60 breaths per minute
Babies 6-12 months	over 50 breaths per minute
Children over 1 year	over 40 breaths per minute
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath

### HIGH OR PERSISTENT FEVER (DEPENDING ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Babies under 3 months	38°C or more
Babies 3-6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days
If your child has a fever fit, call 999 or take them to A&E.	

### VOMITING (DEPENDING ON AGE):

AGE OF CHILD	SYMPTOMS
Babies under 3 months	Vomiting + fever of 38°C or above
Babies 3-6 months	Vomiting + fever of 39°C or above
Children over 6 months	Vomiting + fever + extremely drowsy or listless
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)
Any age	Persistent vomiting (more than 2 days)

### SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. **If skin, lips or tongue appear blue, call 999.**

### PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

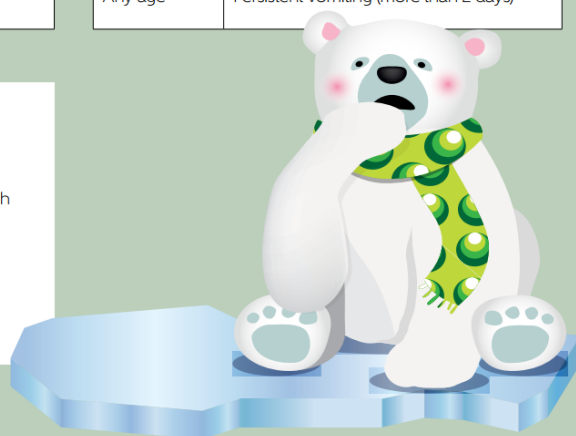
### HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

### NOT FEEDING

**Babies under 1 year.** if your child stops feeding entirely.



# PICK UP AND PLAY

TRY VIOLIN, CELLO, TRUMPET, TROMBONE, FLUTE OR CLARINET IN A FUN-FILLED SMALL GROUP LESSON!



**INSTRUMENT HIRE INCLUDED!**



**STRINGS :** MONDAYS 4.15 TROWBRIDGE  
TUESDAYS 4.00 WILTSHIRE MUSIC CENTRE BOA  
**WOODWIND :** THURSDAYS 4.00 WILTSHIRE MUSIC CENTRE BOA  
**BRASS :** THURSDAYS 5.00 WILTSHIRE MUSIC CENTRE BOA





INFO@WILTSHIREYOUNGMUSICIANS.ORG.UK

[www.wiltshireyoungmusicians.org.uk](http://www.wiltshireyoungmusicians.org.uk)

  
  
**BOX**  
REVELS  
*Christmas Market*

**Sunday**  
**7th December**

 1 - 4pm 

Selwyn Hall, Box

*Stalls  
& Cafe*

*Raffle*

*Santas  
Grotto*

£2 entry  
Under 16s free

email enquiries [creighton007@btinternet.com](mailto:creighton007@btinternet.com)

[www.facebook.com/boxrevels/](http://www.facebook.com/boxrevels/)

ALL MONIES RAISED GO TO LOCAL ORGANISATIONS