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PUPILS ENJOY WEEKEND AWAY BEFORE EXAMS



■ Fun break - The Mayflower High School pupils took part in rock climbing

A GROUP of Year 11 students took part in a weekend of outdoor activities to help them relax before their mock exams.

The Mayflower High School pupils enjoyed a trip to Essex Outdoors Danbury, where they took part in aerial trekking, rock climbing and an obstacle course.

They also spent some time focusing on maths and English.

One parent sent an email to staff, stating: "A massive thank-you to all the teaching staff for taking Year 11 to Danbury for a revision weekend."

"My daughter had a fantastic time; it was a much-needed bit of fun before the exams start."

"It was really kind of you to take time out of your weekends to look after them."

Dan Griffin, assistant headteacher, added: "This was about having some fun, but also promoting revision and helping students to realise it is okay to not revise constantly and to give them an experience of revising outside of school."

"We are already promoting this trip for next year with the aim of growing it in numbers to become a cultural part of what we do at Mayflower."

Campaign to help parents treat children at home

2025 'YOUR FAVOURITE' AWARDS PUB

You are invited

to nominate your Favourite Pub

Nomination Form

Please complete the form in full and send it back by the closing date.

Your nomination:

Address of your nomination:

We ask that all nominations be within the newspaper distribution area.

Postal address: Your Favourite Pub Nomination, 654 The Crescent, Colchester Business Park, Colchester, Essex, CO4 9YQ.

The closing date is Tuesday 13th May 2025.

One nomination per form and photocopies will not be accepted. If at the close of the nominating stage, there are less than five in the category or a tie the decision may be taken to release all nominated sites into the final voting stage. The Editor's decision is final. All nominations must arrive at the printed address by the stated closing date to be included.

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THE NHS in south Essex is launching a new campaign to help parents and carers treat common childhood illnesses at home this summer.

The "Super Bodies" campaign, a partnership between NHS Mid and South Essex and Southend Council, aims to educate parents and carers on how children's bodies can fight off many common illnesses without the need for antibiotics.

With summer holidays around the corner, the campaign provides a family-friendly guide on how to treat common illnesses at home, spot signs of more serious illness, and know when to seek medical help.

Saira Haji, a community pharmacist from Belfairs Pharmacy in Leigh, said: "As most common children's illness like coughs, colds, and sore throats are mainly caused by viruses, antibiotics will not work in treating them and are unlikely

By SOPHIE ENGLAND
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to speed up the healing process.

"Also, more often than not, antibiotics can cause unwanted side effects such as an upset tummy and diarrhoea, which may make your child feel even worse."

She also highlighted the issue of antibiotic resistance, a serious health threat caused by the overuse of antibiotics.

She said: "Despite this, last year in Southend the number of children aged 0-9 prescribed antibiotics was almost double the national average."

"We can help fight against this threat by trusting the advice of healthcare professionals and only using antibiotics when they are needed."

Krishna Ramkhalawon, director of public health at Southend City Council, added: "Children are likely to pick up common

viruses at this time of year, especially while mixing in school and nursery environments, but they are usually nothing to worry about.

"Their 'super bodies' get to work, and most children with a normal immune system and up to date immunisations will fight off these common illnesses with a little TLC at home."

The Super Bodies campaign encourages parents and carers to visit the campaign's website for information on treating common illnesses at home, as well as guidance on when to seek medical help.

The website also provides information on when children need to stay home, when to visit a pharmacy or GP, and when to call NHS 111 or attend A&E.

What do you think?
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