



Dispatches from Our Lady's



The OLQOH Christmas Lunch will be served on Wednesday 17th December. To book, please visit the Chartwells ParentPay website.

Thank you.



Thank you to everyone who supported BBC Children in Need Day today. Over £300 was raised.

SENIOR CITIZENS TEA PARTY

This takes place on the afternoon of 19/12/25 and will be hosted by Year 6. Please ask any grandparents who would like to attend to contact the School Office to book their place. All welcome.

COMING SOON

Christmas @ OLQOH Day on 17/12/25, including a visit from Santa, the Secret Shop and Christmas Lunch.

Is your child due to begin school in September 2026?

OLQOH is now accepting applications. Please remember to complete the paper form and return this to the Office.

Please also remember to complete the online form for WSCC, which can be accessed here <https://www.westsussex.gov.uk/education-children-and-families/schools-and-colleges/school-places/apply/starting-school-places/>

Looking After Our Teeth in EYFS

As part of our learning about looking after ourselves and keeping healthy, EYFS have been exploring the importance of cleaning our teeth.

The NHS recommends the following advice for young children:

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on one other occasion.
- Encourage your child to brush their own teeth while supervising them.
- Use children's fluoride toothpaste that contains 1,000ppm to 1,500ppm fluoride (check the box).
- Use only a pea-sized amount of toothpaste.



Spit out after brushing and don't rinse – rinsing washes away the fluoride that protects teeth.



Further information, including how to find a local dentist (free to all children under the age of 18), can be found at: <https://www.westsussex.gov.uk/campaigns/oral-health/>

And finally, what do you call a dentist who doesn't like tea?
Denis!



As Teachers are currently undertaking work with children on eSafety, it is a good opportunity for us to revisit with all members of our community the importance of maintaining respectful and considerate communication within WhatsApp Groups and other informal messaging platforms connected to OLQOH, please.

These groups are a really helpful way to share information and support one another, but please think carefully about the content of any messages before posting, considering whether they are appropriate, factual, and respectful towards children, families and colleagues.

Thank you.