



Lubbins Park Primary

Be Ready ~ Be Respectful ~ Be Safe



www.lubbinspark.essex.sch.uk

Telephone: 01268 697181 | Email: admin@lubbinspark.essex.sch.uk

Memo

Term: Spring Term: Friday 12th June

Memo

Dates for Diary

The Artsfest	3.30pm – 5pm	School	Wednesday 17 th June
Reception trip to Hadleigh Farm	All Day	Hadleigh	Friday 19 th June
Transition Stay and Play for new Reception Parents (Max 10 adults)	1.30pm – 2.30pm	School	Monday 22 nd June Tuesday 23 rd June Wednesday 24 th June
Reception Learn to Ride	All Day	School	TBC
Year 6 Secondary School Induction	All day	All Benfleet schools	23 rd and 24 th June
Class Photographs	AM	School	Thursday 25 th June
Year 4 trip to Bradwell	All Day	Bradwell	Friday 26 th June
Year 6 Secondary School Induction	All day	All Canvey Schools	Friday 26 th June
Assessment Week	All week	School	W'C Monday 29 th June

Asthma Newsletter Summer 2026

Mid and South Essex
Community Collaborative

Did you know there is an increase in asthma attacks in the week following back to school?

Want to know how to prevent this?
Follow the Children's Community Asthma Nurses top tips:

- Take your **Preventer** inhaler every day.
- Always use a **spacer** unless you have a dry powder inhaler.
- Know what **triggers** your asthma.
- Book an **asthma review** with your GP practice during the summer holiday.

What does a "preventer" inhaler do?

1. It reduces the swelling and inflammation within the airway in the lungs.
2. This makes the airways less sensitive to asthma triggers.
3. Using it every day as prescribed, will mean you need to take your rescue (blue) inhaler less.

What are asthma triggers?
Triggers are things that make asthma worse when exposed to them. For example, colds, pollen or air pollution.

What is good asthma control?

1. No symptoms during the day.
2. No symptoms waking them at night.
3. Able to complete all normal activities including PE.
4. Little/ no need for the rescue (blue) inhaler.

If you are worried that your child's asthma is not controlled despite preventer treatment, why not visit your GP to discuss referral to the Children's Community Asthma Service.



Here are this week's Trackit winners.
Well done to you all!

