

# Weekly Newsletter

## 21st September 2020

DATE FOR YOUR DIARY

**November 3<sup>rd</sup>**

School Immunisation Team  
Flu Vaccines

All year groups

### Bikeability

Year 6 have enjoyed a great week in school, learning new skills in cycling.

They focused on safe riding on roads, learning how to communicate with drivers, different positioning of their cycles on the roads, and how to maintain their bicycles too.

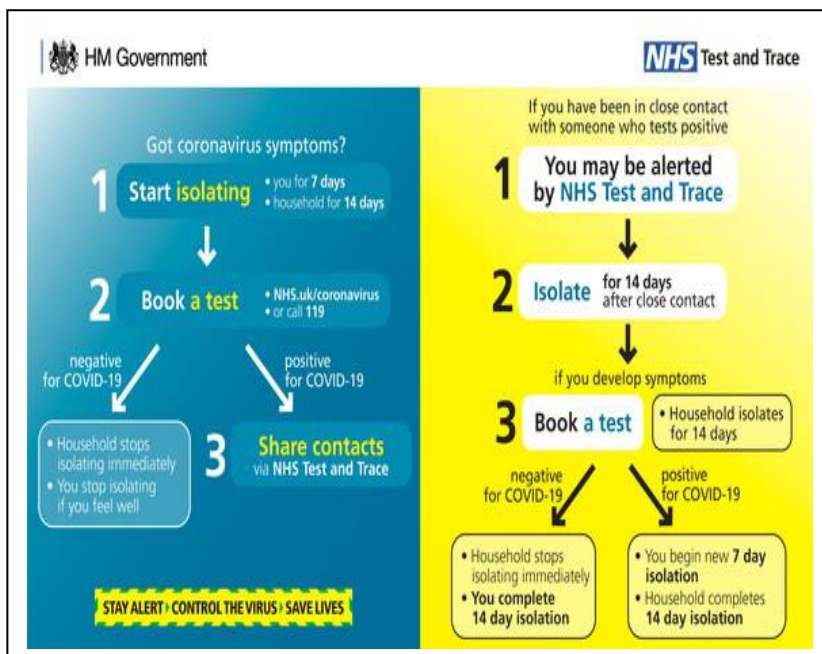
We would like to give a special mention to Mrs Evans,  
Miss Wesley and Miss Stevenson's classes  
for their attendance achievements this week.

## Covid-19 related pupil absence

*A quick reference guide for parents and staff (September 2020)*

What to do if...	Action Needed	Return to school when...
...my child has Covid-19 symptoms.	<ul style="list-style-type: none"> <li>- <b>Do not come to school</b></li> <li>- <b>Contact school to inform us</b></li> <li>- Self-isolate the whole household</li> <li>- Get a test</li> <li>- <b>Inform the school immediately about the test result</b></li> </ul>	...the test comes back negative <b>or</b> a period of 10 days has passed since the symptoms started, and the child feels well.
...my child tests positive for Covid-19.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- <b>Contact school to inform us.</b></li> <li>- <b>Agree an earliest date for possible return (minimum of 10 days).</b></li> <li>- Self-isolate the whole household.</li> </ul>	...10 days have passed since symptoms began, even if they still have a cough or loss of taste/smell. <i>(These symptoms can last for several weeks.)</i> <b>AND</b> the child feels well.
...my child tests negative.	<ul style="list-style-type: none"> <li>- <b>Contact school to inform us.</b></li> <li>- Discuss when your child can come back (same day/next day).</li> </ul>	...the test comes back negative.
...my child is ill with symptoms not linked to Covid-19.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- <b>Contact school to inform us.</b></li> <li>- Ring on each day of illness.</li> </ul>	...after 48 hours following the last bout of sickness or diarrhoea (as per attendance policy)
...someone in my household has Covid-19 symptoms.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- <b>Contact school to inform us.</b></li> <li>- Self-isolate the whole household.</li> <li>- Household member to get a test.</li> <li>- <b>Inform school immediately about test result.</b></li> </ul>	...the test comes back negative.
...someone in my household tests positive for Covid-19.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- <b>Contact school to inform us.</b></li> <li>- <b>Agree an earliest date for possible return (minimum of 14 days).</b></li> <li>- Self-isolate the whole household.</li> </ul>	...the child has completed 14 days of isolation.
...NHS test and trace has identified my child as a close contact of somebody with symptoms or confirmed Covid-19.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- <b>Contact school to inform us.</b></li> <li>- <b>Agree an earliest date for possible return (minimum of 14 days).</b></li> </ul>	...the child has completed 14 days of isolation.
...NHS test and trace has identified a household member (other than my child) as a close contact of somebody with symptoms or confirmed Covid-19.	<ul style="list-style-type: none"> <li>- <b>The household member must self-isolate for 14 days.</b></li> <li>- Child can continue to attend school.</li> </ul>	...child can continue to attend school
... a sibling attending another school has been sent home to self-isolate due to their being a positive case in their school.	<ul style="list-style-type: none"> <li>- <b>Sibling must self-isolate for 14 days.</b></li> <li>- SCHOOL NAME child(ren) can continue to attend.</li> </ul>	...child can continue to attend school

<p>... my child has travelled abroad from a country or territory that is NOT on the exempt list of countries.</p>	<p><b>If returning from a destination where quarantine is needed*:</b></p> <ul style="list-style-type: none"> <li>- minimum of 14 days self-isolation for all those who travelled.</li> <li>- contact school to inform us you are back in the country and we will agree an earliest date for possible return to school.</li> <li>- Self-isolate the whole household.</li> </ul> <p><u><a href="#">*Foreign, Commonwealth &amp; Development Office (FCDO)</a></u> – for up to date travel information</p>	<p>...the quarantine period of 14 days has been completed.</p>
<p>... my child has travelled abroad from a country or territory that IS on the exempt list of countries.</p>	<p><b>If returning from a destination where quarantine is NOT needed:</b></p> <ul style="list-style-type: none"> <li>- Check the current <u><a href="#">Exempt countries and territories list</a></u> to confirm the country you have travelled from or through is on the exempt list.</li> <li>- Ring school to inform us you have returned to the UK and agree a return date to school.</li> </ul>	<p>... you have informed the office of your return to the UK (<i>the office will ask you a few questions about your travel</i>).</p>
<p>...I have travelled from a country that requires us to quarantine (but my child didn't travel).</p>	<ul style="list-style-type: none"> <li>- As long as you do not have / have not had symptoms in the last 14 days, your child can continue to attend school.</li> <li>- The person who has travelled MUST NOT leave the house, including to do pick-ups and drop offs (<i>please contact school if you need support getting your child to school</i>).</li> </ul>	<p>...child can continue to attend school</p>
<p>...we have received medical advice that my child must resume shielding.</p>	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- <b>Contact school to inform us.</b></li> <li>- Shield until you are informed that restrictions are lifted and shielding is paused again.</li> </ul>	<p>...school inform you that restrictions have been lifted and your child can return to school again. ...you receive medical advice that your child may return to school.</p>
<p>...my child's bubble is closed due to a Covid-19 outbreak in school.</p>	<ul style="list-style-type: none"> <li>- <b>Child must not come to school.</b></li> <li>- Support your child at home with remote education provided by your school.</li> <li>- Your child will need to self-isolate for 14 days.</li> <li>- <b>Other siblings may continue to attend school.</b></li> </ul>	<p>...school inform you that the bubble will be reopened.</p>
<p>... I am unable to get a test for someone in the household who has symptoms</p>	<p><b><i>If you are not able to get a test in the first 5 days of having symptoms, your child and anyone they live with must stay at home and self-isolate for 14 days. Anyone in your support bubble must also stay at home.</i></b></p>	<p>...the child has completed 14 days of isolation.</p>



Symptoms	Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
Shortness of breath	Sometimes	No**	No**	No**
Sneezing	No	Common	No	Common
Runny or stuffy nose	Rare	Common	Sometimes	Common
Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
Fever	Common	Short fever period	Common	No
Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes
Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
Body aches and pains	Sometimes	Common	Common	No
Diarrhea	Sometimes	No	Sometimes for children	No
Chills/repeated shaking	Sometimes	No	Sometimes	No
Loss of taste or smell	Sometimes	Rare	Rare	Rare

Your symptoms may vary. \*Information is still evolving. \*\*Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention.  
edited 4/29/20 • aafa.org/covid19

## **Autumn Term 2020**

**Inset day:** Tuesday 1<sup>st</sup> September (children are not in school) school focus

**Term starts:** Wednesday 2<sup>nd</sup> September

**Inset day:** Friday 23<sup>rd</sup> October (children are not in school) school focus

**Half term:** Monday 26<sup>th</sup> October - Friday 30<sup>th</sup> October

**Inset day:** Monday 30<sup>th</sup> November (children are not in school) ATLP focus

**Term ends:** Friday 18<sup>th</sup> December

**Holiday:** Monday 21<sup>st</sup> December - Friday 1<sup>st</sup> January

## **Spring Term 2021**

**Inset day:** Monday 4<sup>th</sup> January (children are not in school) school focus

**Term starts:** Tuesday 5<sup>th</sup> January

**Inset day:** Friday 12<sup>th</sup> February (children are not in school) school focus

**Half term:** Monday 15<sup>th</sup> February - Friday 19<sup>th</sup> February

**Inset day:** Monday 15<sup>th</sup> March (children are not in school) ATLP focus

**Term ends:** Thursday 1<sup>st</sup> April

**Holiday:** Friday 2<sup>nd</sup> April - Friday 16<sup>th</sup> April

**Easter Sunday:** Sunday 4<sup>th</sup> April

## **Summer Term 2021**

**Term starts:** Monday 19<sup>th</sup> April

**Inset day:** Friday 30<sup>th</sup> April (children are not in school) ATLP focus

**May Day:** Monday 3<sup>rd</sup> May

**Half term:** Monday 31<sup>st</sup> May - Friday 4<sup>th</sup> June

**Inset day:** Monday 5<sup>th</sup> July (children are not in school) school focus

**Term ends:** Wednesday 21<sup>st</sup> July

**Holiday:** Thursday 22<sup>nd</sup> July - Tuesday 31<sup>st</sup> August

Name			Class
<b>Week 3 Week Beginning 14.09.2020</b>			<b>Daily Special</b>
<i>Monday</i>	Cheese Sandwich Cucumber Sticks Fruit Slices Ice Cream or Cake	Cheese & Tomato Sandwich Cucumber Sticks Fruit Slices Ice Cream or Cake	Chicken Mayo Wrap Cucumber Sticks Fruit Slices Ice Cream or Cake
<i>Tuesday</i>	Ham Sandwich Carrot Sticks Apple Ice Cream or Cake	Chicken Wrap Carrot Sticks Apple Ice Cream or Cake	Egg Mayo Wrap Carrot Sticks Apple Ice Cream or Cake
<i>Wednesday</i>	Cheese Sandwich Cherry Tomatoes Orange Ice Cream or Cake	Chicken Wrap Cherry Tomatoes Orange Ice Cream or Cake	Houmous & Veg Wrap Cherry Tomatoes Orange Ice Cream or Cake
<i>Thursday</i>	Ham Sandwich Cucumber Sticks Fruit Slices Ice Cream or Cake	Egg Mayo Sandwich Cucumber Sticks Fruit Slices Ice Cream or Cake	Cream Cheese & Cucumber Sandwich Cucumber Sticks Fruit Slices Ice Cream or Cake
<i>Friday</i>	Cheese Sandwich Carrot Sticks Banana Ice Cream or Cake	Club Sandwich Carrot Sticks Banana Ice Cream or Cake	Tuna & Sweetcorn Wrap Carrot Sticks Banana Ice Cream or Cake
Subject to availability			