



Weekly Bulletin – 23rd October 2020

Headteacher's Message

Many thanks to all of you who attended parents' consultation appointments in order to speak with your child's class teacher earlier this week. Regular contact between home and school is vital in ensuring that we are able to work in partnership to support the progress and development of your children. The staff look forward to working with you over the coming term and implementing the strategies and approaches discussed at parents' evening.

As we break for half term I thank parents for their support over what has been a challenging half term for schools. By working together, we have implemented protective measures to prevent the spread of the virus as far as is possible. I look forward to your continued support next half term.

I remind parents to **inform school immediately of any Covid-19 test results**. You can telephone the school office between 9am and 4pm Monday and Friday or use the school email address: shincliffe@durhamlearning.net at other times. Please use 'COVID-19 TEST RESULT' in the subject line of your email.

I extend my thanks to our staff who have worked diligently to provide an environment that is safe, stimulating and secure for our children during a period of challenge and uncertainty in wider society. As always, they rise to the challenge. Today, we say farewell to Mrs Anderson. A dedicated, nurturing teacher of the highest calibre who has given so much to the life of our school and to those children who have been in her care during her time here. We wish her, and her family, well as she embarks on the next stage of life.

Best wishes, stay safe and I hope you are all able to enjoy the half term break as the restrictions allow. I look forward to seeing you when we return on Monday 2nd November.

Mr Tait

International Harvest Update from Mrs Morgan

The children have all enjoyed learning about how countries around the world celebrate Harvest. We have not been able to have our usual Harvest Festival this year and we have missed being able to go to St Mary's Church but children have enjoyed a video service and written prayers of thanks. Reception class and Year 1 have learned about how we celebrate Harvest Festival and Mrs Morgan has worked with Years 2 - 6 finding out about the different crops grown and how harvest time is celebrated in numerous countries. All pupils have experienced different activities and have shared their learning in a joint powerpoint which has been watched and discussed in class. This has been a valuable week encouraging all pupils to appreciate the food they have and to consider people and cultural celebrations around the world.

FOSS non-uniform Day

The Covid-19 restrictions mean that FOSS are unable to raise funds in the way they usually would through discos etc. Each Christmas FOSS kindly provide a gift for each of the children. To raise money in order to support FOSS, we will be holding a non-uniform day on **Friday 6th November**. The children may come to school in their own clothes on that day and we invite you to make a donation of £1 to FOSS to contribute towards the cost of their Christmas support to school.

Pencil cases

A reminder to replenish pencil cases over half term where items are running low. Thank you!

Covid-19 key messages from Durham County Council

Wash your hands frequently with soap and water for at least 20 seconds.

Good regular hand washing is one of the most important prevention and protective measures anyone can take. The more you do it and the better you do it, the more protected you are. The coronavirus is covered in fatty particles and these are attracted to soap particles and will attach themselves to the soap particles any chance they get. In turn, soap particles are more attracted to water molecules and attach to them. This means that as the soap and water are washed away down the sink, they take the virus with it. Remember to wash your hands after you blow your nose, sneeze or cough, before you eat or handle food and after using the toilet. Often used on the go, hand sanitizers containing alcohol can kill bacteria, viruses and germs by breaking down and dissolving their membrane and proteins. Hand sanitiser must have an alcohol content of 61% or more to be useful and is not a replacement for good handwashing.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Hands can pick up lots of dirt, bacteria and a whole host of other things in a short space of time. If your hands come into contact with a coronavirus infected surface, the virus will be transferred onto your hands. This will not infect you; the virus still needs to make its way into your body. The easiest way in is through your eyes, nose, and mouth. Keeping your hands off your eyes, nose, and mouth is another simple way to protect yourself. If you need to touch your face, wash your hands first.

Cover your cough or sneeze with a tissue, then throw the tissue in a bin.

If someone is infected with Coronavirus, then the moisture in their breath and saliva will contain the virus. These droplets don't travel very far which is why two metres social distancing rules are in place. However, when you cough or sneeze droplets from your mouth and nose can travel much further. To stop this from happening use a tissue to catch the droplets. The tissue will now be covered in germs so throw the tissue in a bin. If you don't have a tissue use the crook of your arm. Remember to wash your hands after you blow your nose, sneeze or cough.

If you have a new continuous cough, a high temperature or a change in your sense of smell or taste, get a test.

Did you know that not everyone knows all the symptoms of Coronavirus? It's important to know the symptoms, that way you can protect yourself and your family. Do you know them? They are; a new continuous cough, where you cough a lot for more than an hour, or have three or more coughing episodes in 24 hours; a high temperature, where your temperature is above 37.8°C; or a change in your sense of smell or taste. Did you also know that if you, or someone you live with, has any of these symptoms the advice is stay at home to stop the risk of giving coronavirus to others, and arrange to get a coronavirus test. There are two ways to arrange a test – you can [book a coronavirus test online](#) or call 119 if you have no internet access.

If you have symptoms you must arrange a test and self-isolate.

As soon as you experience coronavirus symptoms, you should stay home and self-isolate for at least ten days. Anyone else in your household should also stay home and self-isolate for 14 days from when you started having symptoms. By doing this you will be automatically protecting your family and friends and the wider community. The virus needs to be passed between people for it to survive. Self-isolation stops any contact with others and limits the virus' opportunity to pass between people. This is a very important step if we want to reduce the chances of spreading the virus. You should arrange to get a coronavirus test. There are two ways to arrange a test – you can [book a coronavirus test online](#) or call 119 if you have no internet access.

If you test positive you must self-isolate.

If your test is positive you must complete the remainder of your ten day self-isolation. Anyone in your household should also complete their self-isolation for 14 days from when you started having symptoms. By doing this you will continue to protect your family and friends and the wider community from coronavirus. If you need help during this time and you don't have friends, family or neighbours to help, we can put you in touch with organisations through the County Durham Community Hub who'll be able to help you through this time. The most up-to-date information can be seen by following this link www.durham.gov.uk/covid19help Alternatively you can contact them by phone on 03000 260 260 between 9.00am until 5.00pm Monday to Friday or via email at communityhub@durham.gov.uk (If your test is negative, you and other household members no longer need to isolate).

If you are contacted by the NHS Test and Trace Service you must self-isolate.

If you have been in close contact with someone who has tested positive for coronavirus you will receive a call or text from the NHS Test and Trace Service. (Under 18's will get a phone call and a parent or guardian will be asked to give permission for the call to continue). You will be asked to begin self-isolation for up to 14 days, depending on when you last came into contact with the person who has tested positive. It's really important to do this even if you don't feel unwell, because it can take up to 14 days for the symptoms to develop. Remember we don't want the virus to spread so although this may be disruptive for you, it is less disruptive than an outbreak of coronavirus and far less disruptive than a local lockdown. By doing this you will continue to protect your family and friends and the wider community from coronavirus.

An update from St. Mary's Shincliffe

Advent Windows

We are looking forward to making Advent windows. Due to the lock-down we are sorry that we cannot start off with a gathering this time, but we hope you enjoy making them. Supplies of black card and tissue paper can be bought at Ryman's in Durham and Tesco and The Range has good stationery too.

In **High Shincliffe**, please make your window and put it up on 1st December. All Advent Windows in High Shincliffe go up on 1st December. Please join in if you would like to do it. For any more information please contact Bill Rigby bill.rigby1@btopenworld

In Shincliffe Village: There will be window per day, so let Julie know if you would like to join in or need more information juliannegoodhart@hotmail.co.uk. The numbers will be worked out and a Trail map will go up on St. Mary's Shincliffe Facebook page, The Community Association Facebook page and a hard copy for you to photograph displayed on the Parish noticeboards.

Themes: You can make **any** Advent window from Black Card and Tissue, but if you fancy something different, some of us are going to do a window around the name of a sung Christmas Carol. i.e. not Charles Dicken's Christmas Carol!

LANTERNS OF HOPE

As we cannot leave our homes, we are thinking about some alternatives. If you would like to - place a **Lantern of Hope on your doorstep** or near it, safely.

DOORSTEP CAROLS

In Shincliffe Village, we are hoping to go onto our doorstep for some **Doorstep Carols**.

UPDATES

To see the photographs of daily Advent Windows and to check arrangements for Doorstep Carols, check onto St Mary's Shincliffe Facebook Page to see updates. You do not have to be a member of Facebook, just google the name of the page and it takes you there and you click onto Posts.

Bonfire safety message from DCC

Please see the link for information from Durham and Darlington Fire and Rescue Brigade:

<https://www.ddfire.gov.uk/bonfire-and-firework-safety-primary-schools-2020>

Christian Values

We will be exploring the value of compassion after half term with worship led in each class by teachers and children. We thank Fr. Peter for sharing his weekly video during this time when whole school gatherings are not permitted.

If you would like to receive a copy of the Weekly Bulletin by e-mail please e-mail the school. Shincliffece@durhamlearning.net

The Weekly Bulletins from previous weeks can be found in the parents' section of the website.

Can my child go to school today?

Do they have any COVID Symptoms?

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Yes
They have a COVID symptom

Self Isolate and Book a COVID Test

Book the test online or call 119

All members of the household should stay at home until the test result is known.*

* Visit [gov.uk](https://www.gov.uk) for advice on when to stop isolating and return to school after a positive or negative test.

No
They do not have a COVID symptom

Do they have diarrhoea or vomiting?

No
They do not have diarrhoea or vomiting

Yes
They have diarrhoea or vomiting

Do they feel unwell?

It is important that parents keep children at home when they are unwell

No
They do not feel unwell

Yes
They feel unwell

Send to School

So long as your child feels well, has not been told to self-isolate and there are no other household members with COVID symptoms, it is OK for them to attend school.

Keep at Home

- Remain off school until they feel well enough to return. Seek medical help from a GP if needed (or 111 if your surgery is closed).
- Remain off school until at least 48 hours after the last episode of diarrhoea or vomiting. A COVID test is not required for diarrhoea and vomiting without the other symptoms above.