



Weekly Bulletin – 13th November 2020

Headteacher's Message

It was good for each class to be able to gather for Remembrance Day Worship Wednesday. Despite each group being in separate classrooms, we could join together as a school family to remember conflicts past and present and to pray for peace. Our thanks to Year 6 for preparing the virtual service our service and to Mrs Marsden for co-ordinating the display on the fence outside school.

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.

A few reminders regarding our Covid protocols:

- Please do not arrive on the school site before your child/children's allotted arrival time.
- Please remember that only one adult should accompany the children to the school gate.
- Please leave the school site immediately once you have dropped off or collected children.

By adhering to these measures, we are all helping to keep our school community safe.

I hope you are all able to enjoy some rest and refreshment with your family this weekend. Stay safe and stay well.

Best wishes

Mr Tait





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.

Advent Windows 2020- From Fr. Bill

At any time from Sunday 29th November we are creating and lighting up Advent windows in our homes. If you would like to join in simply make a suitable creation to light up your street. We would all like to share more of the light, joy and hope as we move towards Christmas. This is not just for Shincliffe or High Shincliffe. Wherever you live let the light of love shine for all to see in your windows.

With thanks and best wishes,

Bill Rigby

PS for more information look at St Mary's Shinccliffe pages of, 'A church Near You' website, or contact me via bil.rigby1@btopenworld.com or text 07734 068 668

FOSS

The Christmas card project has raised £413.50 and the non-uniform day £232.55. We're delighted that FOSS have been able to raise this total with your support. A big thank you for supporting FOSS. With the total raised FOSS will be able to buy Christmas books for all of the children.

Lottery for FOSS We are hoping to have a Club 100 lottery in December as we cannot raise funds in the usual way with our lovely Christmas Fair. We will need to know that we can sell 100 numbers before we can proceed! The cost of a number will be £3. The winner will receive 50% of the money made (in this case £150) and the other 50% will go to our school to buy nice things for the children. Watch out for further information coming soon

NSPCC's *Speak out. Stay safe.* online programme

I am pleased to tell you that this term we will be participating in the **NSPCC's *Speak out. Stay safe.* online** programme. This consists of an online assembly and supporting classroom based activities. *Speak out. Stay safe.* is a safeguarding programme available to all primary schools in the UK and Channel Islands. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly, interactive way. Children are taught to speak out if they are worried, either to a trusted adult or Childline.

The NSPCC have developed an online version of their *Speak out. Stay safe.* programme to help overcome some of the challenges that the Coronavirus (COVID-19) pandemic has presented in relation to having external speakers in school. In the online assembly, the *Speak out. Stay safe.* messages continue to be delivered in a fun and interactive way with the help of their mascot Buddy as well as special guest appearances from Ant and Dec.

We have studied the content of the materials and are extremely confident that they are appropriate for primary-school-aged children. By the end of the programme, we're convinced children will feel empowered – knowing how they can speak out and stay safe.

If you would like to know more about the *Speak out. Stay safe.* programme you can find more information on the NSPCC website www.nspcc.org.uk/speakout or I would be happy to discuss any questions that you may have.

Talking PANTS with your children

The NSPCC's work in schools will help encourage conversations about staying safe and they have a number of child-friendly materials to help you carry on the conversation afterwards. That includes 'Talk PANTS', a simple way for parents to help keep children safe from sexual abuse – without using scary words or even mentioning sex.

The guide uses the rules of PANTS to teach children that their body belongs to them and them alone.

You can find out more and download the free resources at www.nspcc.org.uk/pants.

Childline Under 12's Website

Childline also have a website with age appropriate advice for primary school children on topics such as bullying. It also has games and other interactive tools. Your child can visit it at www.childline.org.uk/kids.

If you'd like to know more about the NSPCC's work, or take a look at the wide range of information and advice which is available for parents and carers, please visit their website www.nspcc.org.uk/parents.

Parking

As you know, it is very important to us to continually try to reduce congestion near school and to promote a safe and healthy environment for our pupils, staff, parents and local residents. Maintaining good relationships with our neighbours is vitally important for our school. I would, therefore, remind you to be considerate when parking and not to block our neighbours' driveways/access at any time or to block pavements.

For safety reasons, please do not park directly in front of the school gates at any time. Please drive with extreme caution and care if you do need to access Beal Walk. Beal Walk and surrounding roads do not have pavements and are often used by our children, so it is dangerous to drive whilst people are walking to and from school.

We thank you for your co-operation in this matter.

Christian Values

We are exploring the value of compassion 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.

More information on this half term's value:

Compassion' and 'sympathy' have much in common and both are stronger in meaning than simply 'feeling sorry for' someone.

The words have their roots in the idea of 'suffering with' someone, putting yourself in someone else's shoes and experiencing what they experience. This leads to a desire to act, to do something. It is not about 'doing good' from a position of strength or 'remembering those less fortunate than ourselves'. Compassion requires an act of imagination and humility to share in the lives of others

In the Gospels we find many stories of Jesus showing compassion to the sick and the downtrodden of society. Christians believe that their attitudes and actions must reflect the kindness, mercy and compassion of Jesus and the love of God for everyone. In the school community this means showing kindness and respect to each other. It is related to the way in which new people are welcomed into the school family and nurtured and supported. It is reflected in the ways in which members of the community support each other through difficult times, such as bereavement. Christians would say that God Himself is the perfect example of community—the three persons of the Trinity are bound together in the ultimate closeness which makes them one. In a church school the idea of community

will always be a strong one— schools share a common life and common goals—we aim to nurture and sustain all our members.

We would like our children to continue their reflection and experience at home.

Some things to think about:

- In what ways do we encourage members of the school community to show kindness and respect to one another?
- How do we foster links with charities for those in need?
- How are new members of the school community nurtured and supported?
- How does the school help, and encourage pupils to understand and empathise with members of their community who have suffered traumatic experiences, e.g. bereavement?

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