



Weekly Bulletin – 20th November 2020

Headteacher's Message

As we approach Christmas please see the information below regarding our preparations. The implementation of Covid safety measures in order to keep our school community safe remains, as always, our number one priority.

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: shincliffece@durhamlearning.net at other times. Please use 'COVID-19 TEST RESULT' in the subject line of your email.

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

Christmas Arrangements

I am writing to explain our provisional arrangements for the Christmas period in light of the ongoing Covid-19 situation. Please remember that these arrangements may change as the Government continues to update both national guidance and specific guidance for schools. The restrictions for the period following the end of this current time of lockdown remain unclear and as more is known, this may lead to some of our plans changing. We will keep you updated as soon as we are able.

The necessary protective measures for schools mean that we are unable to hold our usual range of events, services and celebrations. We are determined, however, to celebrate Christmas and to enjoy events that comply with Covid-guidance for schools that minimize the risk of Coronavirus spreading within school.

Christmas Lunch

Thursday 10th December

Our Kitchen team will be cooking a traditional Christmas lunch for the children and staff to enjoy in class bubbles. If you would like your child to have a Christmas lunch and they do not usually have a school meal, you will shortly be sent further information about how to book this. This will also be Christmas Jumper Day and children are invited to wear a Christmas jumper. If you don't have a Christmas jumper you can wear Christmas colours like red or green. All other uniform must still be worn. Children are invited to bring in a suggested donation of £1 which will be sent on to the Save the Children charity.

Christmas Parties

Week beginning 14th December

The children are invited to come to school wearing their party clothes on the day of their party. Dates and times will be shared in due course. The children will have party games and fun activities within their class bubbles. We will provide children with a snack as we are unable to accept donations of food into school. Each child will receive a gift of a book thanks to the support of FOSS.

International Christmas and Craft Week

Week beginning 7th December

Children in each class will be enjoying a variety of Christmas craft activities during the course of this week. We will also be celebrating Christmas internationally, with each class linked to a different country. The children will then be able to take these crafts home for their families to share and enjoy. Further information will be shared in due course.

Christmas Services and Nativity Performances

Unfortunately, due to the ongoing restrictions and protective measures, we are unable to welcome any external visitors to school and singing is not permitted unless distanced outside or in small groups. We are therefore unable to hold our usual Christmas Worship or nativities this year. Each class bubble will share in a Christingle Service within class and Year 6 will prepare Christmas worship with retelling of the Christmas story for the whole school.

Christmas Cards

We know that the children enjoy sharing cards with one another. To comply with Covid guidance, Christmas cards will need to be quarantined before distribution. We request, therefore, that all cards are brought into school between Monday 7th and Friday 11th December. They will then be distributed week beginning 14th December following quarantine. We ask that children only bring Christmas cards for distribution within their class bubble.

Gifts for Staff

The generosity of parents at this time of year is always appreciated although in no way expected. Any gifts sent into school would need to be quarantined. Therefore, we invite parents this year to make a donation to FOSS in lieu of any gifts for staff. There will be a payment item available via ParentPay in December if you wish to make a donation. The Covid situation has impacted on FOSS significantly as they have been unable to hold the usual Christmas Shopping Evening and Christmas Fair this year. Any donations would make up for this shortfall in income and continue to allow us to continue to provide 'extras' for the children.

We look forward to celebrating Christmas, the coming of the Prince of Peace, as we continue to support each other as a school community during these difficult days.

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 Shincliffe pages of, 'A church Near You' website, or contact me via bill.rigby1@btopenworld.com or text 07734 068 668

FOSS - Christmas Lottery 2020 Are you in?

Have you decided to support our school AND be in with a chance of winning £150 for just £3 per number !!!!!!! Before we can proceed we need to know that we can sell 100 numbers. So the next stage is for you to let us know if you want to be in the lottery..... You can do this this by –

1/ emailing foss.shincliffe@gmail.com. Please put 'lottery' as your subject and tell us your name and phone number and how many numbers you would like to purchase (no money required at this point)

2/ once we can confirm that we have interest in 100 numbers we will ask participants to choose their numbers (first come first served) via the FOSS email. Once we confirm your number by responding to your email with your request you will be directed to make the payment of £3 per number via Parentpay

3/ all funds must be cleared by Friday 4th December and we will draw the numbers live on our FOSS Facebook page on Friday 11th December at 6 pm (the spreadsheet of names and allocated numbers will be published beforehand to ensure transparency)

4/ the lucky winner will receive an email and phone call (in case they are not watching FB live), bank details will be collected and the £150 prize will be transferred directly to their bank account

5/ finally, and most importantly, our lucky school will have £150 transferred directly into the FOSS account to pay for nice things for our children

6/ if the lottery is well received we can do it again each term and hopefully there might be a chance it could become Club 200, meaning £300 prize money to the winner and £300 for our lovely school!

**** please note that if we do not sell 100 numbers we will not proceed. However in the event of us selling in excess of 100 numbers we will proceed and the prize money will be greater!!!

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.

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.

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.