



## Weekly Bulletin – 6<sup>th</sup> November 2020

### Headteacher's Message

Welcome back! We hope you all enjoyed a restful half term.

From today, a home-school links sheet from your child's class teacher is available via both DB Primary and the school website. This details the ways in which you can support your child with their studies as well as informing you of the curriculum content to be covered during this half term in each subject area. I encourage you to read it and to use it as a basis for discussing with your child what they are learning about in school.

Next Wednesday we mark Remembrance Day in school with Worship in each class and a minute's silence for reflection. The commemorations earlier this year of the 75<sup>th</sup> anniversary of the end of the Second World War, give this year's remembrance commemorations a particular significance. Although we are unable to sell poppies in school this year due to the risk of Covid transmission, a donation has been made to support the work of the Royal British Legion.

As we begin another period of lockdown, schools remain open for all pupils and attendance is compulsory. 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](mailto:shincliffece@durhamlearning.net) at other times. Please use 'COVID-19 TEST RESULT' in the subject line of your email. Additional advice from the DfE and Local Authority has been issued around ventilation in schools. Windows need to be kept slightly open in each classroom in order to maintain the flow of air and reduce the risk of Covid transmission. As the colder weather approaches parents may wish to send children to school wearing additional layers under their school jumpers. The classrooms will, of course, continue to be heated as usual.

I hope you are all able to enjoy some time with your family this weekend as the lockdown restrictions allow. 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](http://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](mailto: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.

## **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.

## **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.com](mailto:bill.rigby1@btopenworld.com).
- 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](mailto: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 Dickens'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 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.  
[Shincliffece@durhamlearning.net](mailto: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.