

Inspiring our children to flourish and enjoy 'Life in all its fullness' (John 10:10)

Welcome back to 2022!

I trust that you and your families have had a happy and restful Christmas and New Year season. I hope Santa brought you everything you wanted! Our sympathies if you were unfortunate enough to have suffered with a COVID infection during this time.

While we look forward to a brighter year ahead, please look through the information below to ensure you are up-to-date with the ever changing guidance surrounding Coronavirus.



New COVID standard letters

When we have a confirmed case of Coronavirus in school we have **new standard Public Health letters** which are sent to close contacts.

Close contacts in primary schools are now defined as those who are **close friends** or **sit on the same table** as the pupil who has tested positive. The class teacher will advise the office as to who should receive a letter. This replaces previous practice where letters were given to the whole class.

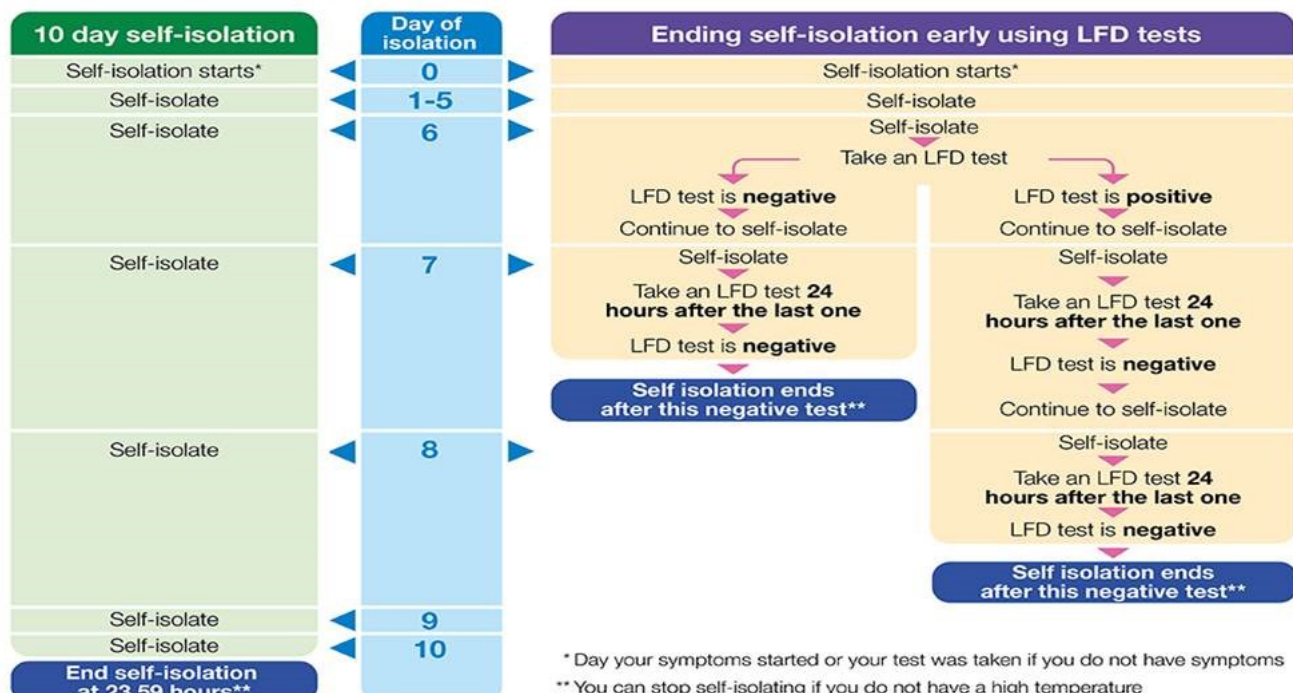
The request in the letter is for parents to administer **Lateral Flow Tests daily** for seven days. There is no requirement to self-isolate. Please continue to be vigilant and use the extensive LFT and PCR testing systems that are now established within the region.

Returning to School after an infection

Pupils can take an LFD test from 6 days after the day their symptoms started (or the day your test was taken if they did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and they do not have a high temperature, they may end self-isolation immediately after the second negative test result.

They should stop testing after they have had 2 consecutive negative test results and can return to their education setting on the 7th day if they have tested negative in the morning.

If in doubt the school office will be very happy to advise you on your individual circumstances.

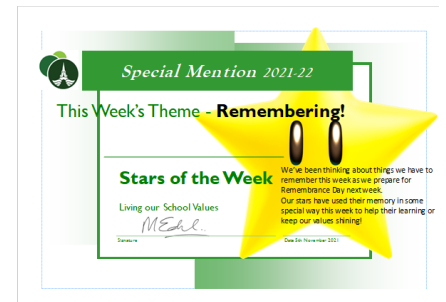


* Day your symptoms started or your test was taken if you do not have symptoms

**** You can stop self-isolating if you do not have a high temperature**



Special Mentions - Our stars of the week!



Congratulations to our Superstar Learners this week.

It's a New Year and these children have come back to school with a fantastic attitude!

Well done for showing everyone what a good learner looks like. Keep it up and 2022 will be a great year!

CALENDAR DATES

January

20th	Manor Adventure Parent Meeting 5:30pm
------	---------------------------------------

February

14th	Y5 Residential (14-16th)
16th	Y6 Residential (16—18th)
28th	INSET

March

3rd	World Book Day
-----	----------------

April

25th	INSET
------	-------

Manor Adventure Parent Meeting

We will be holding a parent meeting for all those who are going to **Manor Adventure** in February on Thursday 20th January at 5:30pm in the school hall.

This meeting is held to present answers to all of the frequently asked questions around primary school residentials.

You will be given an insight into what a typical day at Manor Adventure is like, as well as detailed information regarding what children should bring and the arrangements for departure and return.

There will be time to ask questions at the end of the meeting either as part of the group or individually.

This is always a well attended meeting and we will conduct it in a COVID secure manner with chairs distanced, face coverings worn and good ventilation in the room.

We look forward to seeing you there.

Courses for Parents and Carers supporting children and young people's mental health and well-being



Parents and Carers can access a range of courses to support children and young people's mental health and well-being through the Recovery and Wellbeing Academy

<https://www.recoveryandwellbeing.co.uk/Courses>

From the website please select courses for parents or those caring for children to show the list of course below:

Course	
▪	Helping Children and Young People Build Mental Resilience (by Springfield Mind) (NEW)
▪	Understanding and Supporting Children Aged 12+ Years with Anxiety (NEW)
▪	Understanding and Supporting Children Aged 3-11 Years with Anxiety (NEW)
▪	Understanding and Supporting Children and Young People with School Refusal (NEW)
▪	Understanding and Supporting Children who Self-harm (NEW)
▪	Understanding Emotional Regulation in School Aged Children (NEW)
▪	Understanding Low Mood in Children and Young People (NEW)
▪	Understanding Self-esteem in Children and Young People (NEW)
▪	Understanding Sensory Needs in School Aged Children (NEW)