



Weekly Bulletin – 9th October 2020

Headteacher's Message

I hope you are all keeping well and that the weekend again brings the opportunity for time with family and relaxation as the local lockdown restrictions allow.

I thank parents again for working with us to implement our protective measures to prevent the spread of the virus as far as is possible. This is especially important given the continuing rise in cases and hospital admissions. These are difficult days for many and the ongoing and evolving disruption to family life is significant. Similarly, within school, we are responding swiftly to frequent changes in guidance and advice in order to ensure the school is Covid-secure.

We need the continued support of parents in two particular regards:

- Please ensure that you **adhere strictly to the time slots allocated for drop off and pick up**. This is in order to ensure that bubbles do not mix during these periods. Please leave the school site immediately when you have dropped off or picked up your child(ren).
- Please **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.

Please continue to refer to the guidance from Durham County Council found below relating to Covid-19. A helpful flow chart is again included at the bottom of the bulletin.

Parents' evenings for all pupils will be by telephone this term as only staff and children are allowed to access the school building as part of measures to control the spread of the virus. Progress reports for Y1-6 will be sent home on Friday 16th October and consultations will take place week beginning 19th October. Further details on timings will be shared by individual class teachers next week.

Best wishes and stay safe

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.

Home learning support – information for parents & carers

When will my child need to learn from home?

- If your child has to **self-isolate because of coronavirus** – either individually or as part of their class
- If **there's a local lockdown and the school is advised to partially close** or your **child has to shield**

*If your child is absent from school due to **illness** (related to coronavirus or otherwise), we do not expect them to complete any home learning.*

What is my child expected to do?

We're determined to make every effort to keep our pupils on-track and make sure no one falls behind if they need to learn from home because of coronavirus.

We want to make sure your child can learn as much as possible at home. The following guidelines will explain what we'd like your child to do while learning remotely, and how we plan to support you and them.

If an individual pupil is isolating, tasks will be emailed to you via the school office and will mirror learning in school. If a whole class is isolating, tasks will be set via DB Primary.

It's important that your child engages with home learning. If they aren't, we'll use the following strategies to provide additional support:

- Phone call home
- Increased feedback
- Extra resources

If you do not have access to an internet enabled device (laptop, tablet etc.) at home, then please let the School Office know.

What support will our school provide?

- Regular contact with teachers through DB Primary and phone calls

- Regular feedback via DB Primary platform and by phone so your child knows how they're doing
- Resources

What can I do to help my child?

Create a positive environment for your child to learn at home, for example:

- Distinguish between weekdays and weekends, to separate school life and home life
- Designate a working space if possible
- At the end of the day, have a clear cut-off to signal school time is over
- Create and stick to a routine
- Put a timetable up on the wall
- Make time for exercise and breaks throughout the day to keep your child active
- Reinforce the importance of children staying safe online
- Be aware of what your child is being asked to do, including: sites they will be asked to use and school staff your child will interact with.
- Emphasise the importance of a safe online environment: set age-appropriate parental controls on digital devices and use internet filters to block malicious websites. These are usually free, but often need to be turned on.

NHS Flu Immunisation Instructions

If your child is in Reception to Year 7 and you would like them to have the nasal flu spray then please visit the link below to consent for your child (one for each child) to receive their flu vaccine in the autumn term 2020. This consent must be completed asap (and at least 2 days before we are due in your school) to ensure we can vaccinate your child when we are in school. Please note the consent form has been improved and simplified.

School Name:	Code:
Shincliffe	114229



www.hdft.nhs.uk/electronic-consent

This vaccination programme is in place to help protect your child against flu. Flu can be a very serious illness and sometimes causes major health complications particularly in children and the elderly. Vaccinating your child will also help protect more vulnerable friends and family by preventing the spread of flu. Please ensure you read and understand all the information by visiting

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/> before you complete the consent form.

While preventing the spread of Covid-19 and caring for those infected is a public health priority, it remains very important to maintain good coverage of immunisations, particularly in the childhood programme. In addition to protecting the individual, this will avoid outbreaks of vaccine preventable diseases that could harm individuals and increase further the numbers of patients requiring health services.

Note: The nasal flu vaccine contains trace amounts of products derived from pigs (porcine gelatine). More information is available from www.nhs.uk/child-flu-FAQ

The vaccination is free and recommended for children and is given via a quick and simple spray up the nose.

If you have any questions please do not hesitate to contact the NHS Immunisation Team on: 03000 032554.

Christian Values

We are continuing to explore the value of creativity this half term with worship led in each class by teachers and children.

Coats

Children should come to school every day with a suitable waterproof jacket/warm coat due to changeable weather.

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.