





Dear parents and carers,

This week, I would like to update you on the following:

#### Coronavirus

It has no doubt been a challenging week for many of us this week. I would like to reiterate my message of thanks for your understanding and support. When there is a positive case reported to us, we do have to act swiftly, and we recognise the impact that this can have on families. Please be reassured that we do not take the decision to send children home lightly, and that we must follow the procedures of the Department for Education, who make the final decision on any closures.

A number have parents have asked this week whether their child, who has been asked to self-isolate because of close contact with a positive case, can return upon receiving a negative test result. Unfortunately, this is not possible. Public health guidelines state that anybody who has been identified as a close contact of somebody who has tested positive for Covid-19 must self-isolate for 14 days because it is still possible to develop symptoms during this period of time, and therefore be infectious.

If your child develops symptoms of Covid-19, and then tests positive, please do let the school know as soon as possible. During the school day, you can ring the school office, who will pass on the information to Mrs. Abrahams and myself and one of us will call you back. Alternatively, out of school hours, please do email us. This includes over the weekend, where one of us would aim to get back to you as soon as possible in the result of a positive case.

As we come into winter, it is the time of year for typical seasonal colds. At times, some of the symptoms of Covid-19 are very similar to that of a cold or flu. I would please like to reiterate our message of not sending your child into school if they do have a fever, a new continuous cough, or loss of taste and/or smell, even if you do feel that it is most likely just a cold. Once a test comes back with a negative result, in these circumstances, a child can return to school as soon as they feel better and are not displaying any symptoms. As a school, we want all of our pupils to be attending school every day, so we do not seek to keep them at home unnecessarily, but we must follow the public health guidelines and work together to keep our community safe.

Finally, we have loaned out a number of our school Chromebooks to children whose bubbles have closed this week so that they can access the home learning. Please can I ask that these devices come back to school on the first day of your child's return to school as they are needed for use in lessons. Please see the office staff who will sign the device back in for our records, rather than asking your child to hand it back to their teacher. Thank you for your support with this.

### Information regarding clinically extremely vulnerable children

The following information has been sent to schools by the Department for Education regarding children who are extremely clinically vulnerable, which I thought may be helpful to share with you. If you do have any concerns about the risks posed to your child, then we would of course advise you seek medical advice from your GP or other medical professionals, but please do also share your concerns with us as we would like to be able to support you as much as possible during this time.

#### Children

More evidence has emerged that shows there is a very low risk of children becoming very unwell from coronavirus (COVID-19), even for children with existing health conditions. Most children originally identified as clinically extremely vulnerable no longer need to follow original shielding advice. Parents should be advised to speak to their child's GP or specialist clinician if they have not already done so, to understand whether their child should still be classed as clinically extremely vulnerable.

Those children whose doctors have confirmed they are still clinically extremely vulnerable are advised not to attend out-of-school settings during the period this advice is in place. Where a meeting with a GP or specialist clinician has not taken place, the public health advice is that the child is still clinically extremely vulnerable and should not attend the setting.

Children who live with someone who is clinically extremely vulnerable, but who are not clinically extremely vulnerable themselves, can still attend out-of-school settings.

Parents of clinically extremely vulnerable children will have received a letter confirming this advice.

### Clinically vulnerable staff and children

Staff and children who are clinically vulnerable or have underlying health conditions but are not clinically extremely vulnerable should continue to attend out-of-school settings in line with current guidance.





# **Energy Kidz and Breakfast Club**

This is a reminder to parents that Breakfast Club will reopen on Wednesday 25<sup>th</sup> November, and Energy Kidz will reopen on Monday 30<sup>th</sup> November.

### Flu Nasal Spray

You will be aware that we have an NHS team coming on the 26<sup>th</sup> November to administer flu nasal spray to children whose parents have requested it. As a large number of children will still be in self-isolation, we have arranged for a second date for these to be administered in school. This date will be on the 4<sup>th</sup> December. Parents who have handed in their forms do not need to take any further action. All children who are absent on the 26<sup>th</sup> November will receive their vaccination on the 4<sup>th</sup> December instead.

#### **School Streets consultations**

Attached to this newsletter are two documents about a pioneering scheme from Tower Hamlets to try to make the roads near schools safer. They are working across the borough, and are consulting on the roads around our school. There is a leaflet that provides detailed information about the scheme and a survey for all parents. The consultation period will go live on Monday 23<sup>rd</sup> November, and run for four weeks.

#### **Further resources for families**

#### Idea Store resources

The Idea Store have been in touch with their exciting new programme of online activities and resources that Idea Stores and libraries in Tower Hamlets are offering to children and families from next week.

For children aged 5 to 11 they have online activities such as scavenger hunts, quizzes, football chat and much more (please see the attached poster for more information). For younger children they have daily Story Time videos so they can listen to their favourite books and nursery rhymes on their YouTube channel. As well as all this, they have a vast range of audiobooks and ebooks for both children and adults and resources to help with homework such as Britannica Library Junior. Please click on the link below or copy and paste it into your internet search bar to see more information on their website:

# https://www.ideastore.co.uk/children-families

# Introducing Ollee – a virtual friend (ParentZone/BBC Children In Need)

Ollee is a digital friend for children aged 8-11, created by Parent Zone and funded by BBC Children in Need's A Million & Me initiative, which aims to make a difference to children's emotional wellbeing.

It is designed to help children reflect on how they feel and to process their experiences with the support and help of their parents and carers – and it does this by offering them advice about a range of subjects: school, family, friends, their body, the internet and the world.

For each of these subjects, children can choose an emotion that matches how they feel about it: happy, angry, sad, confused, frustrated, stressed or worried.

Next, they can choose from a list of topics – for instance, a child who was worried about school might be able to select 'I haven't done my homework' as the cause of their worry. Finally, they'll see a page of advice about the topic, presented in child-friendly bite-sized chunks they can read then or save for later.

You can more information and download the Ollee app here: https://parentzone.org.uk/Ollee

# **Tower Hamlets Education Wellbeing Service**

Finally, as was explained in a newsletter last half term, we have signed up to this service, commonly referred to as THEWS. We are working in partnership with Tower Hamlets to provide guidance and support around mental health, and how to support your child's emotional wellbeing. Please see the attached leaflets for further information.

Wishing you all a restful and enjoyable weekend. With best wishes,

Cristina King