

12th February 2021



St Cuthbert's C of E Primary School

The Chase, Great Glen, Leicester LE8 9EQ

Tel: 0116 2592764

Doing all the good we can, through faith, love and excellence.

Headteacher's news

I would like to say a continued thank you to you all for persevering with the home learning and trying to access and complete as much of the learning as you can.

We have seen more pupils accessing the home learning, emailing/ sharing work with us and we continue to offer personalised support to parents and carers who have children who are reluctant to engage with the home learning process.

The class teachers and teaching assistants are doing a fantastic job by planning and delivering remote learning to our children. They are continually monitoring the children in their classes who are accessing and taking part in the home learning provision. We are making follow up calls to parents and carers if their child does not appear to be accessing the home learning so that we can offer any support or help.

As you are aware we are still awaiting the next announcement from the government regarding when primary school children will return back to school. The target date is for the 8th March but this of course depends on the 'containment' of the Coronavirus. We will keep you updated on any information that we receive from the Government and DfE.

Please make sure you plan in some fun activities (within the COVID rules of course!) to allow you and your children to recharge your batteries - you deserve it!



Mrs J Hawkins

Diary Dates

Friday 12th February
Last day of term

Tuesday 16th February
Shrove Tuesday

Wednesday 17th February
Ash Wednesday

Monday 22nd February
First day of the 2nd half of Spring term.

Thursday 4th March
World Book Day

Friday 19th March
Comic relief

Twitter Highlights! @StCuthbertsCEP1



Covid-19 Procedures for over the half term break

To keep our community safe, it is important that all parents follow the guidance below from the end of this half term on Friday 12th February 2021

- If your child has coronavirus symptoms (or similar) you should book a test immediately. Test centres are frequently turning around results within 24 hours.
- If symptoms began within 48 hours of 4pm on Friday 12th February 2021 and a positive test result is received then you **MUST** contact our email address; office@stcuthberts.leics.sch.uk to alert us quickly. This is because your child may have been infectious whilst in school.

St Cuthbert's staff will then track and trace close contacts and inform parents by Parent Mail if any child needs to self-isolate.

- Parents must inform NHS Track and Trace of social contacts.
- Parents **DO NOT** need to inform the school of any cases where symptoms began outside of the first 48 hrs as they will not have been infectious whilst in school.
- If your child tests positive during the rest of the half term break you do not need to inform us until the first day of the new half term.

By following the guidance above it will ensure that we can give families as much notice as possible over the break if plans need to be altered because of children or staff needing to self-isolate.

Latest Guidance

Please see the link below for the latest guidance from the NHS. If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

The main symptoms of coronavirus are:

- 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

Most people with coronavirus have at least 1 of these symptoms.

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>



If you are celebrating Chinese New Year today or over the weekend, please have a safe and lovely time!



Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

Looking after and managing our children's anxiety is important. Here are some ways it can present itself and some suggestions on how to relax during half term.

The ABCs of Relaxation in the Moment



Brought to you by GoZen!

Leicestershire County Council's Participation Team is calling for communities, groups and individuals across the county to create a two-minute recording of a sound that means something to them for their exciting new project, Simply Sounds.

This is an ideal project for children and their families to take part in whilst in lockdown, especially during half-term week with none of the usual attractions open!

The sound recording can be of anything - as long as it's important to the community, group or individual. It could be related to a hobby, homelife, pets, nature, work or any other area of inspiration.

Anyone who would like to take part in the Simply Sounds project is asked to make a two-minute recording of their sound on a mobile phone or other device, as well as taking three photographs which illustrate the sound.

These should then be emailed to: SimplySounds@leics.gov.uk or sent via WhatsApp on: 07526 928704. Please see the attached flier for more details and a link to our short explainer animation. More information on the Simply Sounds project is also available at: <https://www.cultureleicestershire.co.uk/projects/simply-sounds/> or by emailing: Catherine.overton@leics.gov.uk

Sounds make us feel all of these and more...

OUR **SIMPLY SOUNDS** PROJECT NEEDS YOU!

THE AIM:
To collect 'Two Minutes of Sound' from local people to create a new and unique sounds archive for use in reminiscence work.

WHY NEW SOUND?:
We want to design a resource which is not language specific and which doesn't exclude any individual or community because of its content.

WHY YOU?:
As part of this exciting project we aim to inspire individuals from as many backgrounds, cultures, ethnicities and faiths as possible to help create sound recordings for reminiscence and relaxation.

HOW DO WE DO IT?:
Record two minutes of sound and take three photos on a mobile phone. Sounds could be from around the home, from a walk, a place of worship, or anywhere you are able to connect to sound that means something to you.

FOR EVERYTHING YOU NEED TO KNOW

CLICK HERE TO WATCH OUR SHORT ANIMATION

It would be amazing if you could help make **SIMPLY SOUNDS** happen!
Please contact us to find out more:

Catherine Overton
Phone: 0116 3052507
email: catherine.overton@leics.gov.uk

Esther Shaw
Phone: 0116 3057890
email: esther.shaw@leics.gov.uk

This project is brought to you by Leicestershire County Council's Participation Team, supported by the British Library and University of Leicester