



ST. GEORGE'S CATHOLIC PRIMARY SCHOOL

At St George's, God calls us by name to love,
learn and achieve together, safe in the palm of His hands.

'I have called you by your name; you are mine' Isaiah 43



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To our wonderful parents and community,

A HUGE welcome back! ~ we've missed you!

Words cannot express the happiness that I, and all the staff, have felt over the last two days welcoming the children, and families, back to St George's.

Before and during the summer, the school has worked tirelessly to put procedures and measures in place so that we are ALL kept safe, and that normal school life can continue. There are three key messages that we need all parents and carers to follow so as to ensure that the children enjoy a full time, uninterrupted, education,.

1. Children cannot be in school if they are unwell, especially if they have a temperature.

Please do not give your child Calpol (or other medication) before school to bring their temperature down, as this can mask that your child is unwell. Please keep your child at home and monitor them until their temperature has returned to normal. We will be taking the children's temperature when they arrive in school to check they are well and that we are all keeping each other safe. Over the last couple of days, the children have had their temperatures taken and they have found it very exciting! The staff ensured that they were not worried or frightened and that the children understand that it is part of our routine, such as washing hands etc. At the end of this newsletter there is a sheet aimed at supporting parents in making the correct decision as to whether their child should be in school. We hope you find it useful. If you have any worries, please do not hesitate to contact the school via phone, or email.

2. Ensure you are well and be punctual at drop off and pick up times and follow the guidance on routes in and out of school.

Thank you to everyone for following our guidance - the pick up and drop offs were fabulous! As all the children return from Monday, it will be busier, but I know that with everyone being punctual, it will continue to run smoothly.



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Registered number 7696989'.

3. Ensure that your child has everything they need for their day at school.

We ask that you support us by making it part of the family routine before school, to check they have everything and we thank you in advance for your help in this.

Breakfast Club and After school club

We are very pleased to announce that we will be operating a breakfast and after school club from Monday 14th September.

Breakfast Club

Breakfast club runs from 7.30am – start of school day ~ £3.50

We will be providing breakfast for the children (toast, fruit, yoghurts, brioche etc.), as well as giving them the opportunity to socialise, play games, read etc with other children in their year group. There will be regular cleaning and the children will be sitting with other children in their class bubbles. Parents can book via Wisepay and each session costs £3.50.

After School Club

After school club runs from finish of school day:

until 4.45pm ~ half session £7.00

until 6.00pm ~ full session £10.00

(the children will need to bring a 'packed tea' with them which we can refrigerate)

Again the children will have the opportunity for social time – playing games, reading, drawing

It is imperative that you book any sessions at least 24 hours in advance as we will be unable to accommodate children who have not been booked in. We accept childcare vouchers. Further information can be obtained from Mrs O'Shea.

As there is a high demand and places are limited, we encourage parents to book as early as possible. Sessions are now available to book via WisePay up to 18th December 2020.

P.E. Days

From this term, we ask that the children attend school dressed in their P.E. kits on the day they have their timetabled P.E. sessions. They do not need to bring any change of clothes with them, they will stay in their kit all day, but we do ask they are appropriately dressed for the weather (e.g. plain jogging bottoms and red sweatshirt/school jumper, if it is cold). The timetable is as follows

Monday – Year 1 P.E. day

Tuesday – Year 5 & Year 6 P.E. day

Wednesday – Year 2 & Year 3 P.E. day

Thursday – Year 4 P.E. day

Reception class will confirm their P.E. day in next week's newsletter.

Home reading and homework

Once we have welcomed all the children back next week, I will give more information, via the newsletter, about how both will be organised during this term.

Lunches

As a school we promote healthy eating and healthy lunches for all our children. For a child to grow and develop properly, it is vital that they are eating a suitable diet. An example of a healthy lunchbox should:

- be based on starchy carbohydrates (bread, potatoes, rice, pasta)
- include fresh fruit and vegetables/salad
- include a source of protein such as meat, fish, eggs, cheese (or dairy alternative)
- include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
- include a still drink such as water, sugar-free or no-added-sugar drinks

It may be that children have the occasional packet of crisps or a chocolate covered biscuit etc, **but it should not contain** sweets, pure chocolate bars (such as Dairy Milk, Wispa etc), fast food or highly processed/high saturated fat content, as all of these are directly linked to obesity and future health issues, such as diabetes. Lunch boxes are regularly monitored to ensure that the children have enough to eat and are eating the right types of food and with 210 to check, we would appreciate your support in not including unsuitable items.

Healthy Snacks

Just a reminder that all infant classes receive fruit or vegetables to encourage healthy eating. Juniors can also bring in a healthy snack for break time.

Nuts

We have children at St. George's who have severe anaphylactic allergies triggered by peanuts and other nuts. The key to preventing an anaphylactic reaction is to avoid exposure to the trigger. Please do not send foods containing nuts or peanuts to school. This includes Nutella spread and peanut butter.

Children being collected from school

If you are not able to pick your child up from school, please email the office outlining the collection arrangements at the end of the school day. If it is a regular arrangement, one letter will suffice for the whole year. It would also be useful, where possible, if you could introduce the adults that are to pick up your child in your absence. If your child is in Year 6 and walking home, we also need an email confirming this.

Uniform

Thank you for sending your children back to school so smartly dressed on the first day of term. Could you please check that all the children's items are named as we already have a few items which have been found unmarked.

If you need to order uniform, follow the link via the website or click on the link below

<https://www.em-it.co.uk/shop/>

Just to remind all parents that **on health and safety grounds**, we do not allow children to wear any jewellery in our school, including earrings. If your child had their ears pierced during the summer holiday and the healing process is still not complete by the time school starts again in

September, we ask that you use micro pore tape or plasters to cover each ear to minimise the risk of the earring being caught and tearing the soft lobe or penetrating the bone behind the ear should there be unintentional contact during the school day. The wearing of earrings may also prevent the child from taking part in physical activities, both in curriculum time and extra-curricular activities.

With regards to hair, we ask that hairstyles are in line with our uniform policy. Short hair should be uniform in length, across the head, with no parts left significantly longer than others and children with shoulder length hair or longer must have it tied back. The school colours for hair accessories are red, navy, white or black. Children should not wear any fixatives, hair gel/spray etc in their hair. Thank you in advance for your support.

Birthdays

Congratulations to everyone who has celebrated a birthday since the beginning of September:

Harry S. (St Elizabeth), **Honey** (St Bernadette),
Georgina (St Joseph) & **Cillian** (St Anthony)

Goodbye and Good Luck

To **Ocean** and **Jakey**, who have both started at new schools this term. We wish you every success and happiness.

RAINBOWS

If your child is struggling through a painful experience, or is experiencing anxieties for whatever reason, and you would like any further information on how we could support them, through group mediation, or individual sessions with a member of BCCS, please do not hesitate to contact Mrs Delgado or Mrs Wallen



Prayers



We continue to keep all families in our thoughts and prayers. We think especially of Harley who can't return to school just yet. We pray that he returns as soon as possible as we miss him dearly.

I also ask that you keep Mr Delgado in your prayers, as his father, Antonio Delgado, passed away this morning.

Eternal rest grant unto him O Lord,
And let perpetual light shine upon him.
May he rest in peace
Amen

Have a lovely weekend and look forward to seeing you on Monday!

God Bless,

Mrs Delgado

Medical matters

Children must be kept at home if they are unwell, especially if they have a temperature. It is impossible for the school to determine if a child has a cold, flu or another virus. This grid will help identify if a child should be kept at home or attend school. We always recommend that if you are in any doubt, contact NHS 111.

The main symptoms of coronavirus are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

Most people with coronavirus have at least 2 of these symptoms.

Temperature			Coughing		Diarrhoea or sickness
	Notes	Should my child be in school?	Description	Should my child be in school?	Children must stay off for 48 hours since their last bout
36.4C	This is a normal temperature for children	Yes	A nervous cough/clearing of the throat	Yes	
37.5C	This is above the usual temperature you would expect for a child.	If you are able to monitor your child at home, this would be recommended.	A chesty cough resulting from allergens, asthma (or recovering from a cold/chest infection*)	Yes	
37.8C	This temperature shows there is a fever.	No	Coughing continuously for more than an hour Coughing regularly – 3 or 4 times a day Coughing for no other reason (not clearing throat) No mucus/phlegm or gooey stuff coming up when coughing	No	

Loss of smell or taste		Sore throat/runny nose/headache/muscle ache		
Notes	Should my child be in school?	Notes	Should my child be in school?	It is important to note that if a person has any of these symptoms, in addition to a raised temperature/ cough and loss of smell or taste, they must stay home, be monitored and then tested if there is no improvement
Changes in sense of smell are most often caused by: <ul style="list-style-type: none"> • a cold or flu • sinusitis (sinus infection) It is also a symptom of Coronavirus.	Yes	Sore throat – this is not a common symptom in isolation. Ensure your child has plenty of water and tissues if they need to clear their throat	Yes , if they have no other symptoms such as a temperature, cough or loss of smell or taste.	
		Runny nose – As above. Ensure they have plenty of tissues to blow their nose and remind them to put it in the bin.		
		Headache – This can be a symptom of dehydration. Ensure your child has plenty of water.		
Loss of smell taste is due to an allergy, like hay fever		Muscle ache/fatigue – If there is no physical reason (sport, late night), it could be a cold, flu or other virus. We recommend that you keep your child at home and monitor them.		

*School were made aware of infection by parent at the time ~ either by email, doctor's appointment/letter or proof of antibiotics.