

Week ending 22nd January 2021

Be respectful Be ready Be resilient Be responsible Be resourceful Be reflective Be remarkable

This week has seen the introduction of our Zoom meetings. It has been great to hear positive feedback from the teachers about these sessions. The teachers have enjoyed being able to see all the children together again. We had a few minor technical issues with some but overall a really positive first week of these. We hope that next week everyone will have success in joining; please do not hesitate to call however, if you do have any difficulties. The timetable and login details remain the same for next week.

Please do encourage your child to join if they can each week. We are ensuring that we have some form of contact with the children through these sessions or via J2e. If the children are not engaging with these methods, we will make contact to see what we can do to support you.



Paper learning packs.

We have had a number of parents request paper packs of learning for this week, but a number are still awaiting collection in the entrance. It has taken staff a lot of time to prepare these, so please do come and collect them.



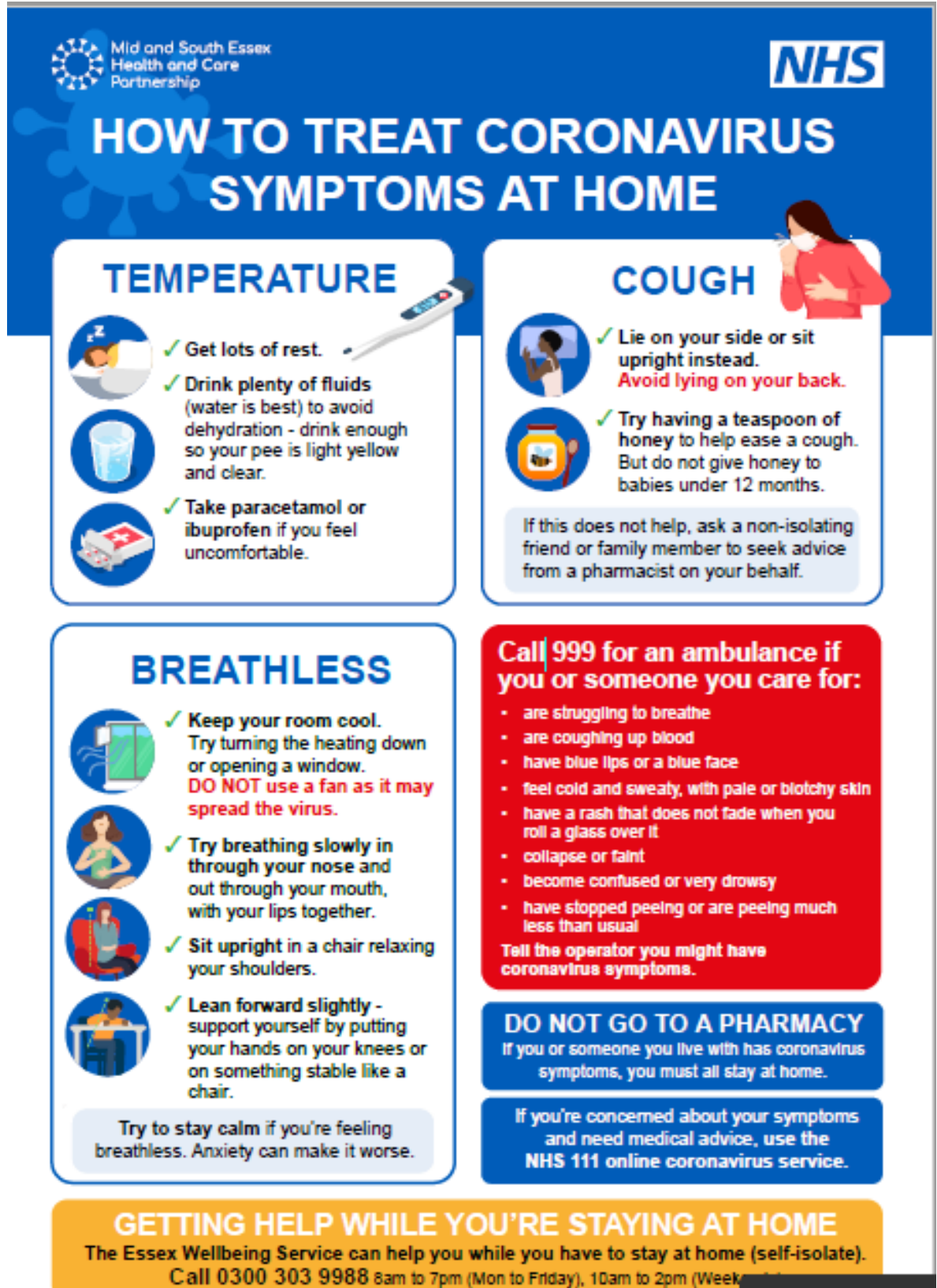
Safeguarding Policy

Our safeguarding policy has been updated to reflect current procedures during 'school closure' and in line with the ATTAIN procedures. The policy is available on the website.

The KS 2 children who have been attending school were inspired by the snow we had last weekend. They have been creating snowflake art using different mediums.



We have been asked to share the following information by our health colleagues.



Mid and South Essex Health and Care Partnership **NHS**

HOW TO TREAT CORONAVIRUS SYMPTOMS AT HOME

TEMPERATURE

- ✓ Get lots of rest.
- ✓ Drink plenty of fluids (water is best) to avoid dehydration - drink enough so your pee is light yellow and clear.
- ✓ Take paracetamol or ibuprofen if you feel uncomfortable.

COUGH

- ✓ Lie on your side or sit upright instead. **Avoid lying on your back.**
- ✓ Try having a teaspoon of honey to help ease a cough. But do not give honey to babies under 12 months.

If this does not help, ask a non-isolating friend or family member to seek advice from a pharmacist on your behalf.

BREATHLESS

- ✓ Keep your room cool. Try turning the heating down or opening a window. **DO NOT use a fan as it may spread the virus.**
- ✓ Try breathing slowly in through your nose and out through your mouth, with your lips together.
- ✓ Sit upright in a chair relaxing your shoulders.
- ✓ Lean forward slightly - support yourself by putting your hands on your knees or on something stable like a chair.

Try to stay calm if you're feeling breathless. Anxiety can make it worse.

Call 999 for an ambulance if you or someone you care for:

- are struggling to breathe
- are coughing up blood
- have blue lips or a blue face
- feel cold and sweaty, with pale or blotchy skin
- have a rash that does not fade when you roll a glass over it
- collapse or faint
- become confused or very drowsy
- have stopped peeing or are peeing much less than usual

Tell the operator you might have coronavirus symptoms.

DO NOT GO TO A PHARMACY

If you or someone you live with has coronavirus symptoms, you must all stay at home.

If you're concerned about your symptoms and need medical advice, use the **NHS 111 online coronavirus service.**

GETTING HELP WHILE YOU'RE STAYING AT HOME

The Essex Wellbeing Service can help you while you have to stay at home (self-isolate).
Call 0300 303 9988 8am to 7pm (Mon to Friday), 10am to 2pm (Weekends)