

9 October 2020

MESSAGE FROM THE HEADTEACHER

'You will face many defeats in life, but never let yourself be defeated.' – Maya Angelou

Dear Parents/Carers,

The government announced 17,540 confirmed cases on Thursday - an increase of more than 3,000 compared with Wednesday's total of 14,162. It is imperative that we all continue to follow the 'Hands, Face, Space' guidance. I have been very pleased to observe that the vast majority of children and parents adhere to the school's COVID-19 secure protocols to ensure we all remain as safe as possible on site.

The NHS lists three main symptoms of coronavirus that people should be aware of and ready to act upon:

- **A new, continuous cough**, where you cough a lot for more than an hour, or have three or more coughing episodes in 24 hours
- **Fever** - where your temperature is above 37.8C
- **Loss of smell or taste**

It takes five days on average to start showing the symptoms, but some people will get them much later. The World Health Organization says it can take up to 14 days.

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. I have attached the COVID-19 Pupil Absence Guide again and if you haven't already, please take time to read the guide as it explains in detail what to do in the event of your child(ren) displaying these symptoms. Please ensure when leaving a message with the school office that any absences are explained in detail, with symptoms precisely explained.

Parents' Evening

Telephone calls to parents of Upper School children next week will take place between 4.00pm and 6.30pm, with calls to Lower School parents during the week commencing 19 October 2020. Lower School children were issued with an appointment letter on Wednesday and this is to be returned by Tuesday 13 October 2020. Each call has been assigned a five-minute time slot with discussion centred on how your child has settled back into school and their progress so far.

School Photographs

The photographer will be in school on Thursday 15 October 2020 to photograph the children in the Upper School. On Thursday 22 October 2020, the photographer will be in school to photograph the



children in the Lower School. Due to coronavirus mitigation, the school is unable to offer group or family photographs. Please ensure that your child is in full school uniform.

Harvest Festival

Each year, the Harvest Festival gives us the perfect opportunity to celebrate the importance of food, share our good fortune and give back to others. On Tuesday 6 October 2020, the school held a virtual Harvest Festival assembly for all pupils. This year we are asking for specific food donations although **all donations are greatly received**. The reason for this is that we have chosen to donate to the SIFA Fireside Harvest Festival Campaign. SIFA Fireside have joined forces with Opus restaurant where their Chef Director has created some fantastic nutritious recipes to be cooked and served at the SIFA Fireside drop in. The ingredients we are asking for are:

- Turmeric
- Garam masala
- Ground coriander
- Tinned tomatoes
- Tinned coconut milk
- Tinned chickpeas
- Rice

Children can start bringing in their harvest food contributions from Monday 12 October 2020, and we ask that all contributions are brought into school by Tuesday 20 October 2020. The class that brings in the most contributions in both the Lower and Upper School will receive a special treat!

Plimsols

Surveys indicate that only 28% of children have “average” fitting feet. Seven children in ten will therefore be forced to wear plimsolls that are too narrow, too wide, too short or too long. Whilst plimsolls are not detrimental for short periods like a P.E. lesson or exercising, they are not suitable to be worn for longer periods.

Healthy Snacks

We have seen an increase in unhealthy snacks being brought to school. We encourage children to only bring in healthy snacks for break and lunchtime.

Half the sugar children are having comes from snacks and sugary drinks. Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay. Fruit and veg snacks are always the best choice for children’s snacks. DIY snacks can be healthier and often cheaper than packaged ones. Preparing them with children can also be lots of fun and a great activity to do together. Change4Life have lots of tips and advice to help you make and buy healthier options when it comes to snacks: <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks/#packaged-snacks>

Book of the Week – Mr Panichi

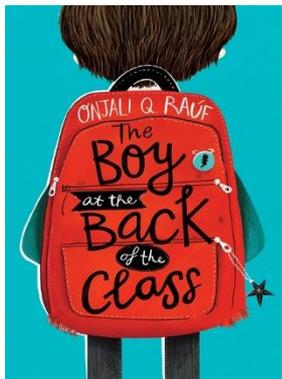
Lower School



Felix after the Rain - Dunja Jogan

Felix after the Rain is a book all children and adults can relate to. This book will appeal to all who worry about their worries and its uplifting message celebrates the hopeful nature of life in all its fullness. The child who empties the suitcase epitomises the concept that empathy is more than sympathy...it is about action. It is those actions that allow Felix to live again. A beautiful book illustrated with powerful words and pictures that transform us as readers.

Upper School



The Boy at the Back of the Class – Onjali Q Rauf

A boy befriends a refugee who has started in his class at school and helps him settle into his new life in the UK. There used to be an empty chair at the back of my class, but now a new boy called Ahmet is sitting in it. He's nine years old, but he's very strange. He never talks and never smiles and doesn't even like sweets!

But actually, Ahmet isn't very strange at all. He's a refugee who's run away from a war, with bombs and fires and bullies that hurt people. The more that is found out about him, the more we as readers want to help. Told with heart and humour, *The Boy at the Back of the Class* is a child's perspective on the refugee crisis, highlighting the importance of friendship and kindness in a world that doesn't always make sense.

Artists of the Week



Lower School - Shine – Y2.1

The children in Year 2 have been learning about colour and shape in their Art lessons. They have learnt about the famous artist Klee and have created their own work in a style similar to the one that he used. Shine has used shapes and colours very effectively in her art work.



Upper School - Seerat – Y3.2

In Art the children have been learning about the printing technique and artists who use printing in their art work. Children were able to experiment with printing themselves and began by creating a design on a polytile. They then rolled ink onto their tile and printed using it. Seerat created a brilliant flower print.

Pupil of the Week



Amrita – Y3.1



Benjamin – Y3.2



Christina – Y3.3

Stay safe. Stay well.

Yours sincerely



Mr M Singh
Headteacher