



# Ferndale Primary and Nursery School

Friday 12<sup>th</sup> March 2021

Dear Parents and Carers,

A wonderful sentence to be able to type... We reach the end of our first week with all pupils in school and it has been brilliant to see. The school is full of laughter and learning and we couldn't wish for anything more at this moment in time. Below is an update with any information we have to share.

## **Asymptomatic testing information for parents and adults in households with children at school or college**

NHS Test and Trace announced **that all adults** in households with school and college age children without symptoms can now access regular rapid coronavirus (COVID-19) testing, this includes childcare and support bubbles. Test kits can either be collected or ordered online, as set out below. Undertaking regular, rapid coronavirus (COVID-19) testing helps reduce transmission of the virus. This includes childcare and support bubbles. Tests are fast, easy and completely free.

There are [different ways](#) for a household, childcare or support bubble to collect their test to take at home, twice-weekly:

- through your employer, if they offer testing to employees
- by collecting a home test kit from a local test site – anyone aged 18 or over can collect 2 packs of 7 tests
- by ordering a home test kit online – please do not order online if you can access testing through other routes, this frees up home delivery for those who need it most

If you have any queries about the tests, and you live in England, please call 119 (free from mobiles and landlines). Lines are open every day from 7am to 11pm.

**Children of primary school age (and below) without symptoms are not being asked to take a test.**

Testing is voluntary, but strongly recommended to all who are eligible. Alongside the vaccine, washing hands, wearing face coverings, and maintaining social distancing, rapid testing plays a vital role in reducing transmission rates. Getting into the habit of regular testing as part of our everyday lives will help us all to play our part and do what we can to protect each other.

## **Red Nose Day**

To support Red Nose Day we will be dressing up as superheroes (which means right now you could send your child in just as they are!) Red Nose day is on Friday 19<sup>th</sup> of March, we are suggesting a donation of £1 but are asking that this is not brought into school and instead donated through ParentPay.

## **Year Group Emails**

Please note these are no longer manned. If you need to send an email in to your child's class teacher please send it to [admin@ferndale.swindon.sch.uk](mailto:admin@ferndale.swindon.sch.uk) and in the subject box put, 'For the attention of' and then your child's class teacher's name.

## **Face Masks**

Thank you to everyone who wore a face mask whilst dropping your child off at school and to those who when I stopped them to ask why they were not wearing a mask explained politely. We ask that you continue to wear a mask at all times when dropping off and collecting your child/ren.

## **Bug Club and Times Tables Rock Stars**

Keep using them! We have already observed whilst we have begun assessing the children that those children who regularly accessed these sites have scored particularly well. If your child forgets/loses their password at any time just drop the office an email and we will be able to sort this out for you.

## **Year 2 and FS2 Drop off and Pick Up Point**

Please can you make sure that your child does not swing or jump on the pencil fencing by the red door. The posts are slowly coming to the end of their life and cannot cope if kicked or swung on.

## **Staggered Start and End Times to the School Day**

With everyone using the staggered start times it was much quieter and therefore safer for everyone. Please note that some doors are used for more than one bubble, for example we have one door which is first used by a Year 1 class and then used by Year 3. This means it is really important that your child only comes to school during the given times for their year group. For those children walking to school by themselves, for example Year 6, they must not arrive earlier than their given time, again to stop cross overs of spaces. There is nowhere for children to wait if they arrive earlier.

Please make sure you are not late to pick your child up at the end of the day as this can cause problems if we have an amount of children waiting near the office area to be picked up and keeping everyone separate – don't forget we finish earlier on a Friday.

## **School Office**

If you need to contact the school, this should be done via a phone call to the school office on 01793 332425 or an email. If you do need to come to the school office please make sure you are wearing a mask and are socially distanced from anyone else who may be in the reception area at the same time as you.

## **Resources for supporting emotional well-being in children**

As we build on our return to school we understand that emotions and thoughts on this can be different for each child. Below are a range of resources, should you need them, to delve into to help with emotional and mental wellbeing. The ages are for guidance, please choose what is most suitable for an individual child's understanding and need.

<b>Under 5 Years old</b>		
<b>Resource</b>	<b>Description</b>	<b>Link</b>
Public Health England	Advice for parents	<a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a>
Zero to Three	Resources and services for parents/carers of young children, including a section responding to coronavirus.	<a href="https://www.zerotothree.org/">https://www.zerotothree.org/</a>
Cosmic Kids Yoga	Free videos (nearly daily) which are fun, interactive and intend to introduce children to yoga, mindfulness and relaxation. For around 3+ years.	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
Tiny Happy People	Activities for under 5's	<a href="https://www.bbc.co.uk/tiny-happy-people">https://www.bbc.co.uk/tiny-happy-people</a>
Hungry little minds	Activities for under 5's	<a href="https://hungrylittleminds.campaign.gov.uk/">https://hungrylittleminds.campaign.gov.uk/</a>

<b>5 – 11 year olds</b>		
<b>Resource</b>	<b>Description</b>	<b>Link</b>
Fact sheet down loadable	Fact sheet aimed at children about corona virus also available as a YouTube video	<a href="https://campaignresources.phe.gov.uk/resources/campaigns/101/resources/5093">https://campaignresources.phe.gov.uk/resources/campaigns/101/resources/5093</a> <a href="https://www.youtube.com/watch?v=iMR3WPCRuAI&amp;feature=youtu.be">https://www.youtube.com/watch?v=iMR3WPCRuAI&amp;feature=youtu.be</a>
Book for children	Free downloadable Book aimed at primary age children about Corona virus	<a href="https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf">https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf</a>
CBBC Newsround web site	Lots of short films to support children including exercise	<a href="https://www.bbc.co.uk/newsround#more-stories-2">https://www.bbc.co.uk/newsround#more-stories-2</a>
Public Health England	Advice for parents	<a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a>
Cosmic Kids Yoga	Free videos (nearly daily) which are fun, interactive and intend to introduce children to yoga, mindfulness and relaxation. For around 3-8 years.	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
NHS	Children's live-well exercises and activities	<a href="https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/">https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/</a>

<b>Special Educational Needs</b>		
<b>Resource</b>	<b>Description</b>	<b>Link</b>
Mencap	Website with easy read and pictorial advice about Corona Virus	<a href="https://www.mencap.org.uk">https://www.mencap.org.uk</a>
National Autistic Society	Web pages to support families and individuals	<a href="https://www.autism.org.uk/services/helplines/coronavirus.aspx">https://www.autism.org.uk/services/helplines/coronavirus.aspx</a>
Public Health England	Advice for parents	<a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a>
Council for Disabled Children	Guidance and information to education/parents/carers/social care	<a href="https://councilfordisabledchildren.org.uk/news-opinion/news/covid-19-support-and-guidance">https://councilfordisabledchildren.org.uk/news-opinion/news/covid-19-support-and-guidance</a>
Your kids.com	Sensory motor paths	<a href="https://www.yourkidsot.com/blog/sensory-motor-paths-make-your-own">https://www.yourkidsot.com/blog/sensory-motor-paths-make-your-own</a>
BRHC	You Tube Flamingo Chicks, virtual Dance for disabled children	<a href="https://www.youtube.com/watch?v=Zxhu2oh--8c&amp;t=16s">https://www.youtube.com/watch?v=Zxhu2oh--8c&amp;t=16s</a>

<b>Bereavement</b>		
<b>Resource</b>	<b>Description</b>	<b>Link</b>
Cruse Bereavement Care	Cruse provide bereavement support to all ages. They have a national helpline provide bereavement services locally. They have an excellent section on their website where they have put together resources to show how bereavement and grief may be affected by this pandemic. It covers some of the different situations and emotions bereaved people may have to deal with.	<a href="https://www.cruse.org.uk/coronavirus/children-and-young-people">https://www.cruse.org.uk/coronavirus/children-and-young-people</a> Telephone national help line 0808 808 1677 Swindon provision
Child Bereavement UK	Child Bereavement UK supports families and educates professionals both when a baby or child of any age dies or is dying and when a child is facing bereavement.	<a href="https://www.childbereavementuk.org">https://www.childbereavementuk.org</a>
Winston's Wish	Provide specialist bereavement support services, including following a bereavement by accident or illness, suicide, murder or manslaughter and deaths in the military. They have an experienced bereavement support team who provides bereaved children and families with the tools to come to terms with their grief.	<a href="https://www.winstonswish.org">https://www.winstonswish.org</a> Freephone National Helpline: 0808 020 021
Wiltshire Treehouse	Offer a wide range of post bereavement support for young people	<a href="http://www.wiltshiretreehouse.org.uk/young-people">http://www.wiltshiretreehouse.org.uk/young-people</a>

If you need any support during this time, as always, you know where we are so please get in touch.  
Have a lovely weekend – fingers crossed for some drier, less windy weather!

Kind regards



Miss Liz Horrobin  
Headteacher