



**Let your light shine in the world as Jesus did, with compassion, thankfulness and hope.**

Dear Parents and Carers

Welcome back to our second half of the Autumn Term. It's been wonderful to see all the children and parents back again after a well-deserved break.

As you will all be aware, the nation is now in "lockdown" and the rules for social distancing and mixing have significantly changed. Your continued support in these times is very much appreciated and we need to make sure that we do all that we can in order to help improve the current situation as quickly and safely as possible.

To reassure you, we would like to outline some of the extra measures we have implemented and run through some of the daily routines that have been in place since our return to school.

Since reopening to the whole school in September, there have been clear procedures in place, in line with Government guidance, to ensure the best possible safety of the children and adults in our beautiful building.

Classes have been put into 'bubbles' so that there is as little mixing between children as possible. In classes from Year 2 upwards, children now participate in learning at desks and are all facing the front of the classroom to avoid, as much as possible, any extended periods of face to face interaction. Initially we were worried about how this more formal style of learning would be received by the children, however, they have been incredible at taking responsibility for their own learning packs and ensuring that they are following all our good hygiene rules. They are still also able to work in partners in order to share their knowledge and understanding and our teachers have become quick experts at finding new and creative ways at encouraging group work and facilitating high levels of engagement whilst still keeping in line with government guidance.

Throughout the school day, we have timetabled our 'bubbles' so that there is as little crossover between these as possible for playtime and lunchtimes. We have a one way system using both our staircases which is working very effectively. At lunchtimes, two year groups eat our delicious school dinners or their packed lunches in our theatre, and we ensure that each table is cleaned and sanitised between sittings.

We have all become experts in handwashing, doing so everytime we go out or come in, before we eat and after we eat, at drop off and pick up. I don't think that handwashing will ever be quite the same again. It can never get boring singing Happy Birthday twice!

We spent an awful lot of time and put a lot of consideration and thought into how to make sure our school was a safe and happy place to return to, before the return to school for some classes in June and also over the summer holidays.

Extra measures that we have put in place since the news on Thursday include our new drop off and pick up routine, unless absolutely necessary restricting all visitors (and when absolutely necessary they wear a face mask) and we are also trying to ensure that each class has at least 60 minutes of physical activity each day in order to keep us fit and active (and this includes our teachers too)!

So, although it is a rather different learning environment than last year at this time, it is heartening to see how the children are still thriving under the ever watchful and nurturing eyes of our wonderful staff team.

Your continued support in our endeavour to safeguard our community is critical in order for us all to be able to move forward.

**Ms P Slater, Deputy Headteacher and Mr GP Musetti, Headteacher**

## COVID UPDATE

### What to do if your child develops symptoms of COVID 19:

If your child develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared.

All other household members who remain well must stay at home and not leave the house for 14 days.

The 14-day period starts from the day when the first person in the house became ill.

Household members should not go to work, school or public areas and exercise should be taken within the home.

Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

### Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature
- a loss of, or change in, normal sense of taste or smell (anosmia)

### For most people, coronavirus (COVID-19) will be a mild illness.

If your child or anyone in the household does develop symptoms, you can seek advice from NHS 111 at: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/> or by phoning 111.

### How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19.

#### Hands

- Wash your hands regularly and for at least 20 seconds.

#### Face

- Cover your face in enclosed spaces, especially where social distancing may be difficult and where you will come into contact with people you do not normally meet.
- It is now compulsory to wear cloth face coverings on public transport, shops and several other indoor settings.

#### Space

- Stay 2 metres apart where possible, or 1 metre with extra precautions in place.
- Keep your distance from people who are outside your household or support bubble.
- Limit social gatherings (including abiding by the 'rule of 6') and avoid crowded places.

Please do not send your child to school if they are unwell with COVID-19 symptoms or if someone in your household is unwell with COVID-19 symptoms. This includes siblings and anyone who is living within your household.

- If your child is unwell, they should self-isolate for 10 days and get a test.
- All household members should also self-isolate for 14 days from the day the first person in the home showed symptoms.

### When to self-isolate

Self-isolate immediately if:

- you have any [symptoms of coronavirus](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- [you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app](#)
- you arrive in the UK from a country with a high coronavirus risk – see [GOV.UK: how to self-isolate when you travel to the UK](#)

### How to self-isolate

You must not leave your home if you're self-isolating.

#### Don't

- ✗ do not go to work, school or public places – work from home if you can
- ✗ do not go on public transport or use taxis
- ✗ do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- ✗ do not have visitors in your home, including friends and family – except for people providing essential care
- ✗ do not go out to exercise – exercise at home or in your garden, if you have one

## PROCEDURES

### Drop off and Pick up

As you will be aware, we have amended our drop off and pick up procedures.

- Firstly, may we please ask that all adults wear a face covering at drop off and pick up unless exempt.
- We also ask that you be mindful of social distancing requirements in line with guidance whilst waiting for your children.
- At all points, we ask that parents are ever vigilant of traffic. Please come to the pavement on the side of the school and do not ask your children to cross the road without you.

### DROP OFF

Ensure children are on the correct side for entering the building. We have marked out the pavement so that children line up in single file which ensures that the pavement is not being blocked.

### PICK UP

We have tried to assist in social distancing and enhancing the safety of the children by keeping the area directly outside the school clear. Parents, please make sure that you are ready to collect your children on the same side of that gate that they line up at in the mornings.

These changes have been made in order to keep your children as safe as possible and to enable us as a school to stay open.

**Please do maintain social distancing during these times.**

### Face coverings for children

At the current time, we are asking that children do not enter the school wearing a face covering. If you would like your child to wear a mask, please be as kind as to ensure that they leave their face covering with you at drop off and have them available at pick up.

## CELEBRATIONS

Attendance	
YR/Year 1	95.7%
Year 2	91.1%
Year 3	96.6%
Year 4	84.1%
Year 5	97.4%
Year 6	90.3%
<b>Total</b>	<b>93.8%</b>

Well done to Year 5 for their 97.4%!  
This is exceeding our ambitious whole school target of 97%.

Lates are better this week – but please remember that you need to be here on time. Wasted minutes equals wasted learning opportunities.



Lates	
YR/Year 1	0
Year 2	3
Year 3	2
Year 4	2
Year 5	2
Year 6	2
<b>Total</b>	<b>11</b>

## CELEBRATIONS

### Stars of the Week ☺

We are still celebrating our Stars of the Week, however, we have returned to awarding just one star each week! Please see the current stars and the reasons they were chosen by their teacher.

Congratulations Stars!!

	<b>Our wonderful Stars of the Week</b>	
Y5 06.11.2020		
Wallace		
For being an all-round super star and trying his best even when he finds things tricky.		

### Values Champions

This half term our Value is **perseverance**. Each week, the teachers choose someone in their class that they think has particularly shown their understanding of our Value.

					
YR	Y1	Y2	Y3	Y4	Y6
Magnus	Penelope	Rayan S	Mickey	Jasper-Blu	Jennifer

## **NOTICES**

### **Chapel Services and Parents**

After our wonderful news of parents being able to attend Chapel again, sadly, in light of the current lockdown, we will not be able to do this for the time being.

Once restrictions have been lifted we will of course review the situation and will of course keep you updated !

### **Mount Street Gardens**

Please may we ask you not to transgress lockdown guidelines in Mount Street Gardens. In line with the new regulations, it will no longer be acceptable for parents or children to congregate in groups in the Gardens after school.

### **Contact details**

Please make sure you have given your most up to date emergency contact details to the school office staff.

Thank you.

### **Transport**

Journeys should only be made:

- for education or childcare
- for work purposes
- to exercise outdoors or visit an outdoor public place
- for visiting venues that are open
- for a medical reason, such as taking someone to hospital
- If it is necessary to travel, settings are encouraged to walk where possible, and to plan ahead and avoid busy times and routes on public transport. This will allow settings to maintain social distancing while travelling.

If it is necessary for a childminder to pick up or drop off a child at school and walking is not practical, then a private vehicle for single household use is preferable. Use of public transport should be minimised.

## **GENERAL INFORMATION**

### **Term Dates:**

#### **Autumn Term 2020**

**Academic Review Days (No children in school) Friday 11th December**

**Term Ends Friday 18th December**

#### **Spring Term 2021**

**Monday 4th January**

**Tuesday 5th January**

**Term Begins Wednesday 6th January**

**Half Term Holiday Monday 15th February—Friday 19th February**

**Term Ends Thursday 1st April**

### **PRAYER OF THE WEEK**

We pray God's blessing on our school community.

On our work.

On our hopes and dreams.

May each one of us be filled with a spirit of cooperation and consideration.

May we be encouraging and supportive to all who struggle with their work, or doubt their abilities.

**Amen**

**Let your light shine in the world as Jesus did, with compassion, thankfulness and hope.**

With warmest wishes to you and your loved ones.

**Miss Petra Slater, Deputy Headteacher and Mr Paul Musetti, Headteacher**

At National Online Safety we believe in empowering parents, carers and educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit [nationalonlinesafety.com](http://nationalonlinesafety.com) for further guides, hints and tips for adults.

Part of our Gaming & Gambling Series



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What you need to know about...

# GAMING DISORDER



## What is it?

### 'Gaming Disorder'

In 2018, the World Health Organisation included gaming disorder as part of its International Classification of Diseases. Those with the disorder are categorised as having impaired control over gaming, increased priority given to gaming over other activities, and continuing to game despite the occurrences of negative consequences. Naturally, a gaming disorder can affect a person of any age, with children as much at risk as anybody of developing symptoms if left unchecked. While some or all of the symptoms may appear, they must be consistently prevalent for a period of at least 12 months to be considered an Internet Gaming Disease or IGD, but that time may be decreased if symptoms are severe.

## Know the Risks

### Impact mental health

Becoming addicted to video games at a young age can have a serious impact on social and mental wellbeing. Video games use a lot of techniques to make them more appealing to the subconscious. Bright lights, pleasing sounds and rewarding, repetitive gameplay trigger feel good chemicals that can be hard to walk away from.

### Lead to injuries

Excessive gaming (especially using a mouse and keyboard at a desk) can cause problematic physical injuries. Back pain, eye strain and carpal tunnel syndrome can all manifest during lengthy gaming sessions.

### Increase isolation

Playing video games can be quite an isolating experience. The need to play them can often outweigh the need to do other daily tasks like exercising, socialising with friends or even eating, to the point where little or no enjoyment is gained from doing anything but gaming.

### Induce stress

Stress can be extremely damaging to adults and children. It is a known contributing factor to heart disease, high blood pressure, diabetes, and mental health conditions. Too much time playing high-octane video games can leave untold stresses on the body as well as still developing young minds.

## Spot the Signs

### Excessive play

Children might be dedicating an excessive amount of free time to playing games or disrupting sleep patterns or social interactions in order to get an extra game here and there. A few extra hours a week is normal, but if it becomes a regular, daily pursuit, it could be a problem.

### Social disinterest

Spending time with family and friends or engaging in other activities and hobbies will fall by the wayside with gaming disorder. Life and fulfillment begins to orbit around playing video games, where the same enjoyment just can't be found in other pursuits or social activities.

### Mood changes

Getting angry or defensive when asked to stop gaming or becoming irritable when not playing are both warning signs of a gaming disorder. There's a difference between being upset when losing (which is quite normal) and being angry to the point of physical aggression.

### Gambling problems

Online gambling may become a problem with young ones or teenagers who might have access to their own money. Many games contain features called loot boxes or microtransaction that have been likened to gambling. Because they can be so addictive, children could be pouring huge amounts of money into games without even realising, or they may be too ashamed to admit it.

## Action and Support

### Talk to other parents

It can be difficult to gauge just how much gaming time is too much. To understand what is normal, talk to other parents about their children's gaming habits. This should give a more robust idea of what is healthy and what might be a cause for concern.

### Encourage other activities

It is important for you to encourage other activities. Engaging in real life sports or social activities and clubs, are excellent ways for kids to spend time with their friends and peers away from video games. Learning instruments or new languages are also a great long-term project.

### Establish routines

An established routine can encourage regularity and moderation if you think a child might be gaming too much. Allow an hour or two in the evening when their friends are online and once everything else like meals, homework and housework have already been done. Try to set consoles up in family rooms and keep mobile phones and tablets out of bedrooms at night.

### Seek support

If you need to get help for your child, there may be specialist organisations or clinics who can help to treat gaming disorder and provide the necessary advice and support. However, this should only be considered as a last resort in cases of long term and persistent problems.

## Our Expert

**Mark Foster**



Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.