



Note from the Headteacher

Dear Parents,

It's been lovely to see you and your children back at school again. Thank you so much for helping us with our social distancing measures. It's all a bit new for us yet, but I feel we are working together well.

Daily life is probably going to get a lot more complicated as we progress through the weeks when the contact and trace system begins to affect us.

I've attended a couple of government webinars to help clarify the confusion of symptoms and self isolation. Some of it is a bit repetitive, but that's fine; it can be very confusing. The rules are as follows:

When to self-isolate

The medical advice is clear: you must self-isolate if you have coronavirus symptoms **or if you live in the same household as somebody else who does.**

The main symptoms of coronavirus are:

- A high temperature. This means you feel hot to touch on your chest or back. The temperature will be over 37.7c
- A new, continuous cough. This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- Loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

For more information, read the further guidance on symptoms.

If you have one or more of these symptoms, you must self-isolate straight away for 10 days.

If your temperature is normal after 7 days you may return to work/school.

If your temperature is still high after the 10 days are up, remain at home for 48 hours after it returns to normal (for however long it takes). If you have a normal temperature but still have the cough and loss of smell/taste after 10 days, then you may still return to school/work.

If you live in the same household as someone with coronavirus symptoms, you must self-isolate straight away for 14 days unless they get a negative test.

You cannot return to work or school, unless the person with the symptoms tests negative. If you get a negative test for yourself, it won't count. Only a negative test for the first person to show symptoms in your house can end your quarantine.

Guidance on staying at home:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Getting a test:

<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

Or call 119

If you test negative:

- If you have shown symptoms but then test negative, you can return to school when you feel well.
- If you test negative, the other members of your household can stop self-isolating too .
- You could still have another virus, such as a cold or flu – in which case it is still best to avoid contact with other people anyway until you are better.

Household members of **contacts** (i.e. someone sent home because they have been in contact with a confirmed COVID case) do not need to self-isolate themselves unless the child, young person or staff member who is self-isolating subsequently develops symptoms. If someone in a class or group that has been asked to self-isolate goes on to develop symptoms themselves within their 14-day isolation period, they should follow guidance for households with possible or confirmed coronavirus (COVID-19) infection. They should get a test.

NB: a contact is not someone showing symptoms. A contact is someone who has been close to a confirmed case of COVID.

- If you are a 'contact' and test negative, you must still remain in isolation for the remainder of your 14 day period. This is because you could still develop the coronavirus (COVID-19) within the remaining days.

If you test positive:

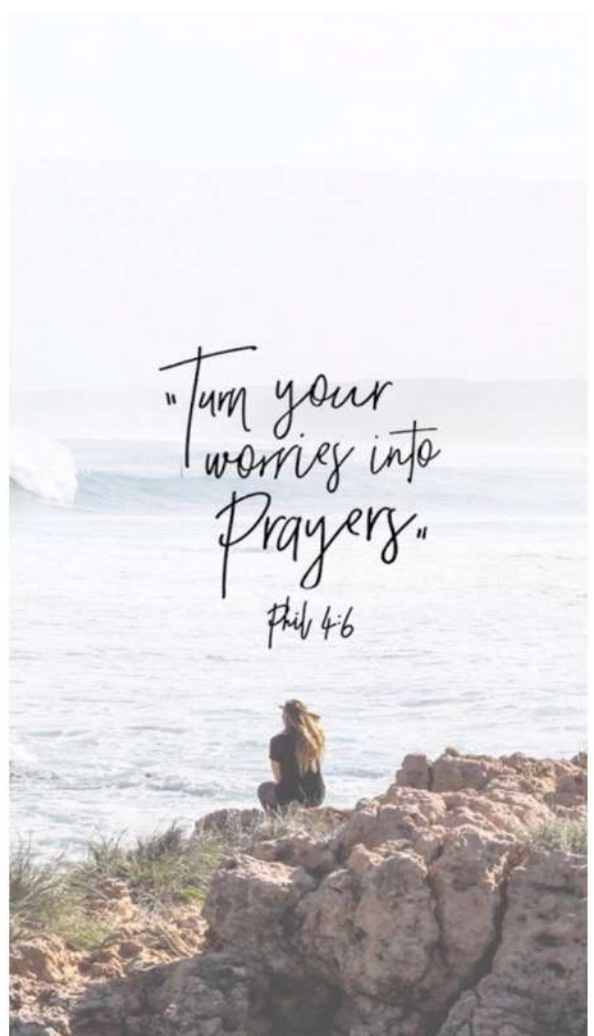
If you get a positive test result, this means that when you took the test, you had coronavirus.

- You must self isolate for 10 days.
- After 10 days, if you are still unwell (raised temperature in particular) remain at home.
- After the 10 day period is up, you can come back to school 48 hours after the last symptoms have gone.
- Your household members must self isolate for 14 days.
- If your household members get a test and it is negative, they must finish the 14 days anyway.

I hope this isn't too confusing for you. I think people are confused mostly about the difference between being a contact and someone who has symptoms. If you're worried or need advice, please send me an email. I'm happy to speak with you.

Take care and stay safe.

Mrs Crissey.



Welcome to Newbold School!

An enormous, warm welcome to our new children in F1.

They're all settling in really well and we're looking forward to welcoming more in the coming week.

Last week Joshua started with us on Tuesday and this week we welcome Lillian-mai and Yewo back.

Isabella is also starting this Tuesday!

We are all going to have a wonderful time together!



Dates For Your Diary

Wednesday 16th September

Year 5/6 Back to School Zoom call at 5pm.
Zoom invitation to be sent this week.

Thursday 17th September

Year 1/2 Back to School Zoom call at 4.30pm.
Zoom invitation to be sent this week.

Thursday 17th September

Year 3/4 Back to School calls.

Mon 26th Oct - Fri 30th Oct

Half term

Monday 2nd November

INSET day

Years 3&4 outdoor learning in Science

Our first Science lesson was based on identifying the different bones in the human skeleton. The class made human skeletons from natural resources and discussed where these are on the body. We will be learning how bones and muscles are used for support, movement and protection.



Friday's Assembly.

Friday morning is always a special time at Newbold School when we come to celebrate each other's successes together.

While we may not currently be able to have this in the hall, it doesn't stop us all from meeting safely in other ways.

Here are some pictures from last week's Friday assembly.

Well done to all classes who received leaves for settling back into school so well this week.



PTFA News

Hello from the PTFA

A big welcome to everyone, especially any new families at Newbold School.

The PTFA stands for: Parent, Teacher and Friends Association.

Everyone is included, so welcome to the club!

We are not sure what events will be possible this year, so we will not have nominations for a new volunteering team at this point. We'll keep an eye on things and keep you posted.

In the meantime, if you have any questions or ideas for us please contact Maria on 07795 364260.

p.s. we will be supporting Macmillan Cancer Support with a virtual coffee morning – more details next week.

Parents Information Session

Our Class Parents' Information session will be held this week. Teachers will send Zoom invitations. These meetings will be for the whole class (not individually). The general running of the class and curriculum will be shared and if you have any questions, you will be able to ask during the meeting.

Workshops on Children's Mental Health (by Zoom)

Mrs Karen Holford, our TED expert in mental health has been consulting with the school to help us provide support for our children on their return to school. She has very kindly offered to run some workshops for parents, should they wish to explore ways in which they could support their children to develop healthy emotional growth. She can offer the following workshops:

1. Nurturing your child's character (helping your child to flourish in life)
2. Ten special ways to grow your child's heart (strengthening attachment in positive ways)
3. Helping your child to balance their emotions
4. Listening to children so they'll listen to you

If you are interested in any or all of these workshops you can let us know through Survey Monkey. Johannie will be sending out a Survey Monkey questionnaire so we can gauge interest and let Karen know what is needed most. Karen is very well qualified in this area and has many excellent strategies and resources on offer - plus, she has raised four children of her own.

Green Corner

Welcome back to everyone, and specially all the new parents and guardians who are joining us for the first time.

The Green Corner is a space in our newsletter where we want to raise awareness about our beautiful planet and what we can do to help with the climate emergency, amongst many other things.

We will share information, tips... and some memes every now and then!

Please let us know if you have any suggestions or ideas!



**PIANO
LESSONS**

KEREN MILANOVIC
PIANO TEACHER

Teaching at Newbold School

Contact through email for more details:
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