

Catshill First School and Nursery

Date of Issue: Friday 11th December 2020





Class Christmas Parties

Friday 18th December

Our value for December is Kindness

The Kindness Elves have managed to visit two classes this week to find out who has been showing their value of kindness! Lots of the children were able to talk about ways that they had been kind to family and friends. Well done everyone!





Christmas at Catshill

We have lots of plans to celebrate at this special time. Below is a reminder of all the upcoming dates for our fun Christmas activities.

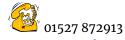


From Tuesday 1st December Christmas Raffle Christmas Cards	Tickets are on sale for the School Council Christmas Raffle! There are 20 festive goody bags full of amazing prizes to be won. Each ticket costs £1 and the draw will take place during the last week of term. Please head to ParentPay to buy your tickets! Good Luck! The last day for children bringing Christmas cards for their class is Monday 14th December. Thank you.
Monday 14th December Christmas Fayre	Our annual School Council Christmas Fayre will look a little bit different this year as each class will have their own box of goodies for children to buy and will be in class all week. There will be craft kits, ready made decorations, crackers with toys, gifts and much more, simply take your pick! Everything costs 50p and money can be brought into school during the week, whilst stocks last!
Tuesday 15th December Christmas Lunch	Thank you to everyone who ordered their child's Christmas lunch. A reminder that if you did not order one your child will need a packed lunch on this day, regardless of what year they are in/
Thursday 17th December	Our Christmas parties will be held in class and children can come to school in



Non-school uniform day for the last day of term!







their party clothes/Christmas outfits (more details to follow). We hope that

our special visitor will be able to make a Covid secure appearance!





It is vital that you follow the steps below to keep us informed if your child has Covid symptoms during the Christmas holidays as *it may mean we have to contact other class/bubble members* <u>as they will</u> have to self-isolate.

Friday 18th December, Saturday 19th December and Sunday 20th December

Parents of any child showing any covid symptoms on these days MUST

- arrange for immediate testing: https://self-referral.test-for-coronavirus.service.gov.uk/antigen/condition or call 119
- **Inform us immediately** using the email address covid@catshillfirst.worcs.sch.uk and then again when you get the result of the test with the following information:

Pupil Name

Class

Contact Phone Number

The email inbox will be monitored by staff up to 4pm each day Saturday 19th - Thursday 24th.

We will then be able to inform parents/carers of any child(ren) who need to self-isolate due to having been in contact with the positive case along with informing the local response team.

From Monday 21st December onwards

Parents of any child starting to show any covid symptoms on these days or have a positive test result **do not** need to inform school but will be required to self-isolate for 10 days and their close contacts will be identified through the national Contact Tracing Service (CTS).

Sunday 3rd January & Monday 4th January 2021

• Parents of pupils who need to continue their self-isolation into the new term should inform us of their absence by emailing covid@catshillfirst.worcs.sch.uk

Parents should be reminded that under no circumstances should any pupil return to school if they are exhibiting any COVID-19 symptoms (however minor) or are unwell in any other way. They should arrange for a test and inform the school.

Updated symptoms now include:

_	A high temperature
	A new and continuous cough

■ A loss of smell or taste

☐ A shortness of breath

■ A loss of appetite

Muscle aches

■ A sore throat

A persistent headache

■ Nasal congestion

Diarrhoea, nausea and/ or vomiting

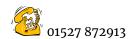
I am sure that you will understand that this advice is designed to protect all of our families this Christmas, particularly those with family members who are elderly and / or vulnerable.

E-safety Reminder

We will keep this reminder about e-safety on our newsletter as we know that the use of internet and technology has increased. Please continue to be mindful of the dangers of being on-line as well as the advantages. Please see our school website for further details <u>eSafety</u> or use the support on the Think You Know website <u>Thinkuknow - home</u>.















FOR YOUNG PEOPLE

https://www.kooth.com

Provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

https://www.nhs.uk/apps-library/chathealth

ChatHealth is a secure and confidential text messaging service for young people. It allows patients to easily and anonymously get in touch with a healthcare professional for advice and support.

https://www.childline.org.uk

We're here for you, whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you.

www.samaritans.org/about-us

Talk to us any time you like, in your own way, and off the record - about whatever's getting to you. You don'thave to be suicidal.

https://youngminds.org.uk/find-help/ looking-after-yourself/take-time-out/

Some mental health problems, such as anxiety and depression can be caused by "too much work and not enough play". And not taking time out for relaxation may make any existing mental health issue worse. Relaxation is an important part of maintaining positive mental wellbeing.

www.hacw.nhs.uk/healthy-minds

Worcestershire Healthy Minds.

worcestershire.wellbeinghub.org.uk

Directory of local support and wellbeing groups for all areas of life.









