



Bressingham Primary Newsletter

**26th May
2021**

Dates for this term

Please note: many of these events are **Covid19 permitting** and may need to be cancelled or altered depending on the current guidance. We are keen and excited to have some events for the children, including some where families are involved, but have to balance this with requirements and responsibilities (more about this later in the newsletter). We very much hope that these can go ahead:

Monday 31st -Friday 4th June **Half term**

Monday 7th June **Year 1 and Year 2 Pirate Day**

Monday 21st June **Year 6 trip to Whitlingham Lakes**

Week beginning Monday 21st June **Sports events for bubbles-** hoping at least 1 and hopefully 2 supporters from each family can

attend- times tbc; planned for pm:
Monday **Year R; Year 1 and 2**
Wednesday **Year 3; Year 4, 5, 6**

Friday 25th June **Class photos**

Saturday 26th June **Diss High School fun morning for Year 6**

Friday 2nd July **Diss High School familiarisation day**

Tuesday 6th July **Year 5/6 play dress rehearsal** with small audience **2pm and performance** with small audience **6pm**

Thursday 8th July **Year 5/6 play performance** with small audience **6pm**

Wednesday 21st July **End of year celebration assembly** with small audience- **time tbc and End of term**

Stars of the week

Year R Poppy

Year 1 Joshua
Year 2 Jacob E



Year 3 Lily
Year 4 Sam
Year 5 Joseph D
Year 6 Asten

Well done to all our stars!

Covid19 and safety

Although many measures are being eased in the wider community, Covid19 guidance and measures in schools are currently remaining in place, generally. There has been an update to guidance, with details of planned changes to our school's arrangements detailed below.

We want to continue to help keep our school community and those related to it as safe as we can and thank you for your support in the following:

- Continue to social distance when arriving and collecting children
- Wait to put your cycles in storage, so that each family can do this separately
- Continue to wear face coverings when near school
- Keep your contact details up to date
- Take lateral flow tests twice weekly



There are some changes that we can now make to our risk assessment, fitting in with guidance:

- We can make some bubbles slightly larger, to enable a little more flexibility in curriculum and support for children and staff- Years 1 and 2 will become 1 bubble and Years 4, 5 and 6 will become 1 bubble. This won't make a difference in classrooms, but the bubbles can play in the same areas and Year 5 and 6 can rehearse for the play. In the future, we hope to combine to make 2 bubbles, then 1, but feel that going 1 step at a time is best for safety.
- Staff won't need to wear face coverings in classrooms,

unless they are closer than 2m from children. They can still do so, if they prefer.

- We will no longer ask about checking temperatures in the mornings, but will keep checking that everyone is well in the household. If you can continue to check temperatures, that would be great: another check for children being well.
- Performances and events will hopefully be able to take place, following guidelines; these are currently quite restrictive, but we want to offer the children as many opportunities as we can.

Please also be aware that we may have to make further changes, if there are changes to national or local guidance. We will continually review risks and possibilities.

Please email to info@ if you would like to discuss any of these changes.

Learning





Staff vacancy

BRESSINGHAM PRIMARY SCHOOL

WANTED- wonderful midday supervisor to help at our wonderful school

When? Monday - Friday for 1 hour 20 minutes each day, term time only

Start Date: Negotiable

For further information and an application pack

- please email info@bressingham.norfolk.sch.uk
- please phone 01379 687318

Please note: all applications will be subject to Safeguarding checks

We would love to hear from you

Testing for close contacts- information from Norfolk CC:

People who have been in close contact with someone who has tested positive with COVID-19 can now [get a PCR test during their 10-day isolation period](#), whether or not they have symptoms.

Around 1 in 5 people who have been in close contact with a person with COVID-19 will go on

to have COVID-19 themselves, and around 1 in 3 of those will have no symptoms but can still spread the virus.

[Getting a test](#) when you're a contact helps to find out if you're one of those people and, if so, to ensure your contacts are self-isolating. This is how we break the chains of transmission. **Even if you test negative, you will still need to complete your 10-day self-isolation period, because the virus can incubate for that time.**

We are recommending that educational settings ask staff, children and households who are close contacts of a positive case to [get a free PCR test to check if they have coronavirus](#).

All testing is voluntary, however this testing approach in settings with confirmed COVID-19 cases (combined with the established asymptomatic testing programme) will disrupt chains of transmission, and stop the spread of the virus.

Before/ after school club consultation

We have received replies from those who need further hours- thank you for these.

We are currently consulting with the families joining us in September 2021, and will let you know the plan going forward as soon as we are able to.

Operation Exercise

Thank you for your wonderful support of this project- the children are really keen and it

feels they are more alert when they have walked or cycled to school, either from home, or from the village hall.



The announcement of the results are keenly awaited each week- Year 2 and Year 3 have been winners so far. Children felt that given the effort so many are putting into the project it would be fairer if there was an award for first, second and third places each week; this was started last week:

1st Year 3
2nd Year 2
3rd Year 4/5 and Year 6

Reporting symptoms of Coronavirus, positive tests or need to self-isolate because of contact with a positive case or travel

Please continue to let us know at the earliest opportunity if any of these apply to you, your children, or anyone who lives with you or is in your support bubble, via info@bressingham.norfolk.sch.uk. Thank you.

Car parking and safety outside school- for our children and

families and for those living near the school

Thank you- this seems to have been much better. *However, there is one person still regularly parking in a turning bay in Pascoe Close, and I have received a complaint about this.*

Please keep being aware of pedestrians and cyclists, and parking only in permitted places. Thank you.

Further support for mental health

A poster was sent through about parents supporting children with feeling calm, and we have used this to share ideas with children about helping themselves with keeping calm, in assemblies last week.

We have put the child version, which we shared with the children, at the end of this newsletter, in case it is helpful.

The office section (below)



Please see below for lots of information about Coronavirus, internet safety, support for children and families, and more.



Red campion

Thank you all for your support of our wonderful children and school.

Wishing all our families safe- please continue to take care everyone.

Dawn Gudde

[Please scroll down to see the poster about how to feel calmer for children. Thank you.]

Notes from the office...

Coronavirus links:

Information about coronavirus testing available for all:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

What parents and carers need to know...

https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak?utm_source=12%20November%202020%20C19&utm_medium=Daily%20Email%20C19&utm_campaign=DfE%20C19

Information about self-isolating and testing:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

Coronavirus information:

General information from the Government continues to be provided at the following web address:

<https://www.gov.uk/coronavirus>

Internet Safety

The following sites are recommended by the Government for parents to use to keep their children safe online. It is important that parents are aware of keeping their children safe online, and children keep to the sites, pages and clips that they have been told they can go on. Please be aware...

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and careers from the NSPCC

- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carers

The following sites are also good to look at with children:

For younger children...

<https://www.bbc.co.uk/cbeebies/grownups/six-tips-teaching-children-technology?collection=parenthood-tips-and-tricks>

For older children...

<https://www.bbc.com/ownit>

Support for mental health

Norfolk has a website and telephone number that may be useful for you or for someone you know of for mental health support: www.justonenorfolk.nhs.uk/mentalhealth or 0300 300 0123.



Early Help Hub

The Early Help Hub for South Norfolk, in Long Stratton, is a good point of contact for many different services, should you have any urgent needs or worries:

<https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub>

See Something, Hear Something, Say Something

Norfolk have launched a campaign for awareness of possible abuse, entitled *See something, hear something, say something...*



If children are worried about something

Childline 0800 1111
www.childline.org.uk

NSPCC www.nspc.org.uk

CEOP www.ceop.police.uk

Just One Number 0300 300 0123
www.justonenorfolk.nhs.uk

Young Minds
www.youngminds.org.uk

Samaritans 116 123
www.samaritans.org

Kids Helpline
www.kidshelpline.com.au

School Uniform

To place an order please follow the link: www.brigade.uk.com

Nut free school



We are a nut free school. Please be aware that children can have nut allergies, so please do not include any items containing nuts in snacks or in lunches; these can include snack bars or spreads, amongst other foods. Thank you.

9 ideas to help you feel calm...

1. Give yourself space - sometimes trying to do something can make you feel worse; you may need space to calm down, then try...



2. Do some 7/11 Breathing - breath in through your nose for 7 and out through your mouth for 11 seconds.



3. Ask someone in your family or a close friend for a hug, or self-hug.



4. Squeeze your fists together as tight as possible and then relax.



5. Validate your feelings - It is ok not to feel ok.



6. Have a drink or snack (cold water is good).



7. Use positive affirmations:

I'm strong, I'm strong, ...
I'm happy and I'm loved...
I'm happy and I'm loving...
I'm happy and I love it...

8. 5 - 4 - 3 - 2 - 1
Challenge (distraction):

Name 5 things you can see,
4 things you can hear, 3
things you can touch, 2
things you can smell and 1
thing you can taste.



9. Ask someone you trust how they cope with their own feelings and ask them to talk about what works for them.