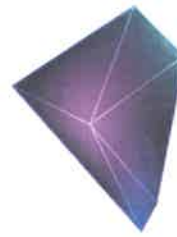


Frettenham Primary School  
Hainford Primary School  
Horsford Primary School  
Old Catton Junior School  
White Woman Lane School  
St. Faiths' Primary School



Nebula  
where stars are born

Ashley Best-White  
Executive Headteacher

September 2020

Dear Parents and carers,

Welcome back to our schools. It has been so lovely to hear the chatter of children and see how keen they have been to return. We have been very, very impressed with the way all children, young and older alike have adapted and are behaving safely inside and outside. The classes have felt calm and purposeful. It has been lovely to see the children enjoying being back with friends and engaging with learning, at the same time as having to adapt to so many new routines. Children are amazingly resilient! You should feel very proud of them. It is testament to you as parents, to have them so well prepared and also to the school teams for managing the extraordinary changes that we have had to implement.

Thank you for following all the procedures we have had to put in place, this really is appreciated by the staff in the schools. Thank you too for bearing with us as we continue to fine tune our procedures, particularly for the safe dropping off and picking up of your children. It is bound to feel busy around school gates and in the areas identified for drop off and pick up despite the staggered starts etc. Please remember that everyone needs to ensure that they remain at 2m distance from other families, transitory passing is a relatively lower risk compared to standing face to face opposite someone else. We would also be grateful if you would avoid stopping on the paths outside of the schools to talk to others.

We are very aware that each child will have a unique experience of living through the last few months, with some likely to be anxious about returning to school and others absolutely counting down the days to seeing familiar faces of classmates and teachers. I hope that we will all be able to support each child to feel settled and adapt to new routines and systems we have had to put in place. Although many things about school life will seem very different from other years, there are other things that will be very similar. We certainly have the same aspiration to provide the best possible education for your children.

#### **Tired children**

At the end of last week a number of children (and staff) were quite tired. There is a lot for children to take on board at the beginning of the school year. This year there is even more and for many of them add to this that they have not been in school for some time. The processing of information is very tiring. I'm sure many of you who may have had to make workplace adaptations find this 'new behaviour' tiring too. We are not the parent of your children and therefore can only make recommendations and observations. There is good evidence to show how sleep aids learning and healthy development. For your information I have included a link to NHS sleep recommendations:

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>

We appreciate that this has been, and continues to be a very worrying time. I hope you will find the following information helpful.

### **Well-being and first response.**

**First response** is a 24/7 mental health helpline manned by trained mental health professionals set up by Norfolk and Suffolk Foundation Trust. This number is available to all members of the public whatever their age and offers advice, support and signposting for people who feel unsafe, distressed or worried about their mental health.

In addition, you can also call the line as a professional to get advice regarding a person you are working with or help in how to send a referral.

The first response number is: 0808 196 3494

### **See Hear Respond**

The See, Hear, Respond Partnership is a new service funded by the Department for Education to help children, young people and families who are struggling to cope with the Covid-19 crisis and its impact.

Children, young people and their families can find out more information, how to contact them and more about the referral forms by using the link below.

<https://www.barnardos.org.uk/see-hear-respond>

The following guidance includes information about school transport, attendance, test and trace, starting school and emotional wellbeing and transition support.

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/back-to-school>

These videos give practical and honest advice to children and parents for starting back at school.

<https://www.justonenorfolk.nhs.uk/return-to-school>

### **Seasonal Colds and Coughs**

With children back at school for the first time in over five months, the inevitable colds have started and we have a number of children with the classic cold symptoms some of which are similar to Coronavirus symptoms. We have had many phone calls from concerned parents wondering if they should send their child to school or get a Covid-19 test. School staff cannot advise you on what you should or should not do for your child if they have cold symptoms. It is for you as parents to make the decision whether your child's symptoms warrant a test or not but if your children are ill please refer to the attached **attached flow chart** and/or **Quick Guide for Parents and Carers** which I hope may help you to make a decision.

Norfolk County Council has also provided the following information that I would like to share with you:

*It is the season for runny noses and sore throats but a reminder these are not COVID –19 Symptoms and as such should not be managed in the same way as you would with a child presenting with COVID 19 symptoms.*

*The national guidance is clear that testing is only indicated where symptoms include one or more of the 3 main symptoms of coronavirus:*

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

- **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)
- **a 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

People who do not have any of the above symptoms **do not need** to get tested.

A person who has tested positive needs to self-isolate for 10 days from the onset of symptoms. They can come out of isolation and go back to work or school on day 11th if they have been free from fever for 48 hours. After 10 days the person is no longer infectious. A negative test result is not required to allow a person to go back to work or to go back to school after the isolation period. The test is not designed to show clearance.

I know that the advice we are all being given can be confusing and hope that this will help to clarify matters for you.

Finally, I would like to take this opportunity to share with you a few general points that help schools work effectively with families so that all children can learn successfully.

- Our actions, thinking and decisions are always based on what we believe, in our professional judgement, is best for the children. We recognise and accept that individuals may not always share our views. Diversity is brilliant. We would like our families to TRUST our professional judgments and try and support the work of the school.
- We welcome feedback and comments that help us improve the schools. We ask that they are communicated at an appropriate time and done in way that is courteous and respectful. We hope all feedback is given with good intent and free from malice. Honesty is fine! We are learners too.
- Good communication is the bedrock of good relationships. We will endeavour to get this right. At times we may not get this right. This year in particular we have and will be making a lot of adjustments and learning what works and what doesn't. Please be patient with us.
- We will not tolerate any abusive conduct towards staff, other parents or children. This includes physical and verbal abuse and any behaviour that is perceived as threatening or intimidating. If we are concerned about parental conduct, the school reserves the right to restrict access to individuals whose conduct prevents the safe and smooth running of the school.

I am sure that each of the schools has shared with you so many positive things that have already happened since we have all returned to school via messages and newsletters. We are also very aware of the volume of information we need you to read at the moment; so enough for me to say, we are hopeful and excited to have the lively chatter, the creativity, the bundles of ideas and spirit that children bring to school. We look forward to working together with you to make this a very happy year of learning.

Yours sincerely



Ashley Best-White  
Executive Headteacher  
The Nebula Federation

