

Comet News

Friday 24th April 2020

Welcome to our newsletter!

We hope everyone had a lovely Easter and has been enjoying seeing some sunshine! We have had lots of emails and chats on the phone with our families and have loved hearing about what you have been up to. In this newsletter, you can see some ideas to try out at home but first, some news...



Goodbye Katie

Katie, our School Business Manager, is leaving after 6 ½ years of working at Comet. Katie has worked hard as part of our Senior Leadership Team to develop the work we do at the school. She has kept us all organised, supported parents with our extended day services as well as those in the children's centre. We will all really miss Katie, her hard work, enthusiasm, sense of humour and the commitment she has had for Comet during her time with us. We will all be sad not to see her in the office or welcoming families to the school/centre. It is strange for us all not to be able to say a proper farewell to Katie but I'm sure you will all join with me in wishing her good luck for her new role in a primary school in Haringey. I'm sure she will come back and visit us.



Have you seen the Julia Donaldson and Axel Scheffler illustrations? Your children will recognise lots of the characters talking all about how the world has changed in a way that they can understand.

These illustrations would be a great way to talk to your child about the virus and reassure them about some of the unusual things they are seeing, like masks and gloves on passers-by.

Stick Man and Lady stay home in their tree,
But they're still keeping fit with their Stick Children three.



You'd better be safe, you'd better be smart.
Stay on the broom, but stay well apart.

More stories with our staff

Hopefully you have been checking back to see who has been starring in our staff videos. We have loved hearing your feedback and are so happy to hear that the children have been watching and re-watching their favourites!



Activities to try at home

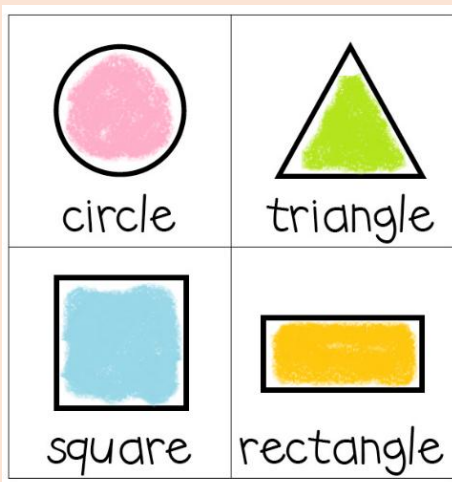
Draw your favourite fruit



Encourage the use of different colours, naming them as you go. Ask them about what colours are being used and encourage your child to talk about what they have drawn.

An extra challenge is to talk to your child about the first sound in some of the familiar words your child uses e.g. rrrrrrr-red (long, stretchy sound), b-b-b-b-b-banana (bouncy sound) and so on.

Find 5 squares around your house



Ask your child to find things around the house that are square. For example, a window, picture frame, book and so on. Ask 'What other shapes can you find?' Repeat with other simple shapes your child may know such as, rectangles and circles.

An extra challenge is to ask your child 'How do you know it's a square?' Talk about how many sides it has and the length. For example, a square has 4 sides that are all the same length, a rectangle has 4 sides – 2 longer and 2 shorter.

Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.


Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies 
- Additional **advice** is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

Keep in touch with Comet!



We would love to hear more about what your child has been doing at home. If you have any photos to send through, we would love to see them.

Children's drawings!-We would also love to see some of your children's drawing to share in future newsletters.

If you would like to send other photos in too, your child's keyworker will print these off and stick them into their 'Special Book'.

Please send them to admin@comet.hackney.sch.uk

Please note, we will continue to call regularly to check in and may do so from a withheld number.

Our website <https://www.cometnurseryandcc.co.uk>

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