

Orchard's C of E Academy

Weekly Parent Newsletter

26th February 2021

Acting Head Teacher: Mr J Steeden

Email: office@orchards.cambs.sch.uk

Phone: 01945 583799

Website: <http://www.orchards.cambs.sch.uk>

Our Christian Value for this Half Term is **Justice**

Return to Full Opening of School

I'm sure that you were all as delighted as we were to find out that all children will be welcomed back into school from Monday March 8th. We are really looking forward to seeing them all again. We thank you for your support during this difficult time – all of your efforts to engage with home learning are so appreciated, and we are sure they will have helped with your children's learning. We will be having assessments across the school during the week commencing 15th March in order to see where they all are with their learning, and what their next steps are.

Unfortunately, as we know, things are not yet back to normal in society and there are still steps which we need to put in place to keep the children, their families and the staff in school safe.

Some things to remember are:

- You will be contacted by school before 8th March about your children's start and finish time and which gate they will use in the morning and afternoon. We know that this process gives some families with multiple children real problems and we look forward to the time when it isn't necessary. However, we also know that rates of COVID in Wisbech are higher than average across the country and remain of concern, so reducing the number of parents outside the school grounds at drop-off and pick-up times is still vital, and will remain so for some time to come.
- Children will remain in bubbles and lunch times and break times will still be staggered. We will minimise any instances of adults moving between bubbles, but that is not always possible.
- When parents are on the school site, we ask that you wear your face mask at all times. Staff will be wearing masks when they meet the children in the mornings and send them home in the afternoons. Children should not be wearing masks on the school site.
- Please, whenever possible, only one adult per family should drop off or pick up in order to minimise social contact around the school site.
- Children will be back in full school uniform from 8th March. Please ensure that this is washed as regularly as possible. Children will come into school wearing PE kit on their PE days.
- From 8th March, school attendance once again becomes mandatory, unless a child has received a shielding letter.
- Children should bring a water bottle into school every day.
- Reading books will start to be sent home again and there will be an expectation of you reading with your children at home – I'm sure you've all been doing lots of that since the beginning of January.

Parent Consultation Evenings

Normally, you would be receiving invitations to parent consultation evenings about now, but I think it's important that the children get time to settle into school and get to know their teachers again properly before we hold the consultations. I had thought about putting them in at the end of May but, if social distancing restrictions are really going to be lifted in June, it might be sensible to wait until

then for a proper face-to-face catch up with the teacher (we'd have to make sure there are no clashes with the European Championships, obviously!!)

What you can and cannot do during the national lockdown

You must stay at home. The single most important action we can all take is to stay at home to protect the NHS and save lives.

You should follow this guidance immediately. This is the law.

Leaving home

You must not leave, or be outside of your home except where necessary. You may leave the home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible

If you do leave home for a permitted reason, you should always stay local - unless it is necessary to go further, for example to go to work. Stay local means stay in the village, town, or part of the city where you live.

If you are clinically extremely vulnerable you should only go out for medical appointments, exercise or if it is essential. You should not attend work

Meeting others

You cannot leave your home to meet socially with anyone you do not live with or are not in a support bubble with (if you are legally permitted to form one).

You may exercise on your own, with one other person, or with your household or support bubble. This should be limited to once per day, and you should not travel outside your local area.

You cannot meet other people you do not live with, or have not formed a support bubble with, unless for a permitted reason.

Stay 2 metres apart from anyone not in your household.

Symptoms of coronavirus

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

The main symptoms of coronavirus are:

- 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

Most people with coronavirus have at least 1 of these symptoms.

If you have any of the main symptoms of coronavirus:

Get a test to check if you have coronavirus as soon as possible.

You and anyone you live with should stay at home and not have visitors until you get your test result – only leave your home to have a test.

Anyone in your support bubble should also stay at home if you have been in close contact with them since your symptoms started or during the 48 hours before they started.

If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you do not have symptoms) and the next 10 full days. If you get symptoms while you're self-isolating, the 10 days restarts from the day after your symptoms started.

You can stop self-isolating after the 10 days if either:

- you do not have any symptoms
- you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone

Keep self-isolating if you have any of these symptoms after the 10 days:

- a high temperature or feeling hot and shivery
- a runny nose or sneezing
- feeling or being sick
- diarrhoea

Only stop self-isolating when these symptoms have gone.

If you have diarrhoea or you're being sick, stay at home until 48 hours after they've stopped.

If someone you live with tests positive, your self-isolation period includes the day their symptoms started (or the day they had the test, if they do not have symptoms) and the next 10 full days.

Self-isolate immediately if someone in your support bubble has tested positive and either:

- you've been in close contact with them since their symptoms started or during the 48 hours before their symptoms started
- you've been in close contact with them since they had the test or during the 48 hours before their test (if they have not had symptoms)

Your self-isolation period includes the day you were last in contact with the person and the next 10 full days.

Anxiety

When children feel anxious, they cannot always understand or express what they are feeling. Children can feel anxious about different things at different ages. Many of these worries are a normal part of growing up. If a child is experiencing anxiety, there are things that parents and carers can do to help.

First and foremost, it's important to talk to your child about their anxiety or worries. Reassure them and show them you understand how they feel. Physical touch can be relieving, have a hug or hold their hand.

7 things to say to your anxious child

- 1 You are safe
- 2 Do you want to have a dance or run around to get rid of your worried feeling?
- 3 Match your breathing with mine
- 4 What do you want to say to your worry?
- 5 Shall we draw your worry?
- 6 Where do you feel the worry in your body? Is it big or little?
- 7 Lets think of some ending situations to your worry. Anxious ones, funny ones & real ones

 S.T.I.L.L
www.thestillmethod.com



We have a team of staff to support you in school, you can contact us for a chat or more advice. Phone reception, they will ask us to give you a call.

Debbie Graveling - Thrive Practitioner

Rock Star of the Week!

The Rock Star of the Week Award will be awarded to the child who ranks highest at our school based on the amount of time spent practicing their times tables.

So, don't delay! Sign in and get playing to be in with a chance of winning 10 dojo points each week!

This week, the award goes to Marta from Almond Class.

Stars of the Week

Well done to all the children for their hard work this week. The following children were particularly celebrated for their effort and achievement during their home learning or whilst in school.

Early Years – Vasilisa in Acorn; Samir in Apple; Charlie in Cherry; Archie in Peach.

Key Stage 1 – Milana in Pine; Elizabete in Willow; Kamile in Hazel; Ema in Maple; Logan in Magnolia.

Key Stage 2 – Emilis in Almond; Isabelle in Hawthorn; Tija in Juniper; Kerry in Laburnum; Frank in Holly; Nyree in Declan; Gabija in Elm; Olivija in Ash; Emmie in Cedar; Aleks in Oak; T-Jay in Yew.

Re: Unsafe website - Omegle

Following the recent news in the press, we wish to bring to your attention the dangers Omegle poses to our young people. THIS SITE IS DANGEROUS!

What is Omegle?

Omegle has been around since 2005, with video chat added in 2009. Video chat is at least monitored, but that doesn't mean it is safe to use. Omegle refers to the members of the chat as 'you' and 'stranger', however, both participants are free to give out personal information at any time. According to Omegle, you should not use the platform if you are under 13.

The Dangers of Using Omegle

There are many dangers to using a platform like Omegle, - you may have read about the dangers of Snap Chat in the press. Children may try to meet up with strangers from Omegle without your knowledge, for one. Your child can never truly know who they are talking to – anybody on the internet could say they are anything or anyone. They could make up the most elaborate lie and pretend to be somebody entirely different. In some cases this might just be escapism, in others, something more sinister might be at play. There has been a recent case in the press where two teen girls met up with a 22-year-old they chatted to using Omegle who subsequently assaulted them.

Although Omegle does have lots of warnings upon visiting their home page (such as warnings about predators and advice not to tell anybody who you are), whether you're child listens or not is entirely different. Omegle is essentially encouraging children to do something they have been told not to do for years – speak to strangers online. It's quite a backward platform, and yet parents are still dismayed to discover that their children are using it. By entering the site children could be exposed to sexual activity, substance misuse and nudity through video feeds.

Stored Data

The activity on the site does not go unnoticed either – the time the user's chat began, the user's IP address, their computer's ID tag that is randomly generated, along with the same information for the user's chat partner is all recorded. You'll also be perturbed to learn that everything that the users disclose about themselves – even seemingly harmless yet sensitive and revealing information – is archived on the website's servers for about four months. This potentially means other users, including adult users can pinpoint where a child is when they access the site.

Please check your child's devices and keep them safe.

In addition to Omegle there are a number of sites which have unknown risks such as those listed above. Sites include Yellow, Chat roulette, Tinchat, and Whisper.

Please talk to your children about what sites they are using and warn them of the dangers of talking to strangers online. For further guidance on our E-Safety policy and advice for parents/carers, please see the guidance on the school website:

As a school we will be carrying out class e-safety sessions highlighting the risks to our young people, and hope that you as parents/carers will also take the opportunity to ensure your children are kept informed of the risks.



10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW

	Calculator% This app looks like a calculator but functions like a secret photo vault.		Hot or Not Strangers rate your profile. Goal is to lead to a hook up.
	Omegle A free online chat website that promotes chatting anonymously to strangers.		Burn Book Post anonymous rumors about people through audio messages, texts, and photos.
	Snapchat This is the way most teens communicate with each other. Sending messages and snaps that disappear within seconds and stories go away after 24 hours. Teens live for a "streak" of communication.		Wishbone An app that allows users to compare kids against each other and rate them on a scale.
	Whisper An anonymous app where the creators promote sharing secrets and meeting new people.		Kik Messaging app. Kik has built in apps and web content that would be filtered on home computer.
	Ask.fm Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.		Instagram Many kids are now creating fake accounts "finsta" to hide content from parents. Kids also like to text using Instagram because most kids know parents won't check messages.

FOR MORE INFO: APPSOLUTELYAPRIL.COM

Please note: Due to the nature of the Internet and App Store, web and app resources change often. Any outdated material will be corrected and updated.
This graphic was created by April Reiquid.

And Finally...

With the Prime Minister's announcement about schools, we might start to think that things are returning to some normality, but there is still a way to go. So please, continue to follow the rules and stay safe. Have a good weekend.

A public health poster from the NHS. The background is dark with a red and yellow glow. It features three people wearing full protective suits and face shields. The text is in white and yellow. The NHS logo is in the top right. The text reads: 'CORONAVIRUS', 'STAY HOME TO HELP US SAVE LIVES', 'ACT LIKE YOU'VE GOT IT, ANYONE CAN SPREAD IT.', and a yellow and black striped banner at the bottom with the text 'STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES'.

HM Government

NHS

CORONAVIRUS

STAY HOME TO HELP US SAVE LIVES

**ACT LIKE YOU'VE GOT IT,
ANYONE CAN SPREAD IT.**

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

Thank you for all the support you provide for the children and our academy!

