



# Ashgrove Primary School Newtownabbey

## Our Weekly Newsletter

ISSUE: 03

FRIDAY 11<sup>TH</sup> SEPTEMBER 2020

### SCHOOL CARPARK

Parents and visitors to school are welcome to use the Carpark facilities in our grounds. However, it is up to all adults to ensure the safety and care of our pupils and is paramount. For this reason, we ask everyone to adhere to the following:

- Speed limit of **5 MPH** (should be strictly adhered to)
- Vehicles should not be parked on pavements or access points at any time
- All drivers must observe the one-way system
- Please do not park across the zebra crossings
- Drivers must exercise extreme caution at all times when in school grounds
- Pedestrians should use the designated crossing areas & pathways
- Parents should get out of their car to collect their child and escort them to their vehicle or in to school (pupil safety comes first!)
- The disabled bays at the front of school should only be used by blue badge holders
- Please show consideration for other drivers and remember the safety of our pupils is paramount

**Please share this information with everyone at home who may be collecting or leaving pupils to school.**

### BREAKFAST CLUB AND AFTER SCHOOL SUPERVISION

I appreciate that some of our parents are very keen for our Breakfast and After School Supervision Clubs to recommence to help with your childcare arrangements. **These clubs are now not able to resume until the beginning of October.** Our Dining Hall which houses the Clubs is undergoing an extensive refurbishment and unsurprisingly this is taking longer than anticipated. I will continue to keep you updated and informed as the weeks progress. It is also extremely important in the context of Covid-19 that through Risk Assessments of the Clubs are in place. Thank you for your patience.

ASHGROVE ROAD, NEWTOWNABBAY, CO ANTRIM, BT36 6LJ

T: 028 9084 8734

E: [INFO@ASHGROVEPS.NEWTOWNABBAY.NI.SCH.UK](mailto:INFO@ASHGROVEPS.NEWTOWNABBAY.NI.SCH.UK)

[WWW.ASHGROVEPRIMARY.COM](http://WWW.ASHGROVEPRIMARY.COM)

**Learning, Caring, Growing Stronger Together**

## DENI GUIDANCE FOR PARENTS & CARERS

Yesterday, I shared with you a letter from the Chief Medical Officer and further updated guidance from the Department of Education (please check your email and Ashgrove App).

The Chief Medical Officer stresses that Covid-19 is still active in our communities and we all need to be vigilant. Guidance was issued on the difference between Covid-19 symptoms and other infections usually circulating at this time of year. Please make sure you read this information fully and carefully.

If your child or anyone in your household develops any of the following symptoms of COVID-19 they should **STAY HOME AND ARRANGE TO GET TESTED AS SOON AS POSSIBLE** –

- **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 maybe worse than usual); or
- **A high temperature/fever** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature); or
- A loss of or change in sense of **smell or taste.**

If your child has a mild cold e.g. runny nose, they may still attend school. These children (and all others) will be expected to practice good hygiene. If your child is a heavy cold, they should stay at home until they are well enough to return to school – this is standard and common practice.

“There have been reports recently that ‘tummy bugs’ may be a symptom of COVID-19 in children and young people. Whilst recent research provides useful early findings, there needs to be a wider discussion at a UK wide level about this. You therefore do not currently need to get your child tested.

That said, where a pupil displays gastrointestinal symptoms, such as vomiting or diarrhoea, they should not attend school until after their symptoms have resolved for at least 2 days (this means they should not have been sick or had diarrhoea for at least 2 days before they return to school). In these instances the pupil and their family should follow the school’s usual attendance policy in respect of these symptoms.” Chief Medical Officer.

## WHAT SHOULD I DO IF MY CHILD HAS A TEMPERATURE?

If your child has temperature, or any other symptoms of Covid-19, they should not attend school and you should book a test for your child together with any members of your household who are symptomatic.

Where a child has a negative result, and everyone with symptoms who was tested in their household receive a negative result, the pupil can return to school, providing they are well enough and **HAVE NOT HAD A HIGH TEMPERATURE FOR 48 HOURS**. We ask that parents forward their child’s test result to school to the following email address:

[info@ashgroveps.newtownabbey.ni.sch.uk](mailto:info@ashgroveps.newtownabbey.ni.sch.uk)

**Please read the information leaflet on the next page carefully**



# INFORMATION FOR PARENTS & CARERS

Everyone has a role to play in keeping our schools safe and helping to stop the spread of COVID-19.

**DON'T SEND YOUR CHILD TO SCHOOL IF THEY HAVE COVID-19 SYMPTOMS.**

**VISIT [NIDIRECT.GOV.UK/ CORONAVIRUS](https://nidirect.gov.uk/coronavirus) TO BOOK A TEST ONLINE. CALL 119 IF YOU CANNOT BOOK A TEST ONLINE.**

## YOU SHOULD BOOK A COVID-19 TEST IF YOUR CHILD HAS:

### A HIGH TEMPERATURE

This means they feel hot to touch on their chest or back (you do not need to measure their temperature).

OR

### A NEW CONTINUOUS COUGH

This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if they usually have a cough, it may be worse than usual).

OR

### A LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE

This means they've noticed they cannot smell or taste anything, or things smell or taste different to normal.

**IF YOUR CHILD DOES NOT HAVE SYMPTOMS OF COVID-19 BUT HAS OTHER COLD-LIKE SYMPTOMS, SUCH AS A RUNNY NOSE, THEY DO NOT NEED TO BE TESTED AND THEY OR MEMBERS OF YOUR HOUSEHOLD DO NOT NEED TO SELF-ISOLATE. YOUR CHILD CAN ATTEND SCHOOL IF FIT TO DO SO.**

## HERE'S WHAT TO DO IF:

### YOUR CHILD HAS COVID-19 SYMPTOMS

#### WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- Book a COVID-19 test
- Household self-isolates
- Inform school immediately about test result

#### WHEN CAN MY CHILD RETURN?

Your child can return to school if the test is negative providing they are well enough, have not had a fever for 48 hours and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.

### YOUR CHILD TESTS POSITIVE FOR COVID-19

#### WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- Inform school immediately about test result
- Self-isolate for at least 10 days as advised by the PHA.

#### WHEN CAN MY CHILD RETURN?

Your child can return to school after 10 days even if they still have a cough / loss of smell or taste. These symptoms can last for several weeks.

### SOMEBODY IN MY HOUSEHOLD HAS COVID-19 SYMPTOMS

#### WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- The household member should book a COVID-19 test
- Household self-isolates
- Inform school immediately about test result

#### WHEN CAN MY CHILD RETURN?

Your child can return to school if the symptomatic household member's test is negative and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.

### SOMEBODY IN MY HOUSEHOLD TESTS POSITIVE FOR COVID-19

#### WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- Inform school immediately about test result

#### WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms\*.

### CONTACT TRACING HAS IDENTIFIED MY CHILD AS A CLOSE CONTACT

#### WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- Self-isolate for at least 14 days as advised by the PHA Contact Tracing Service

#### WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms\*.

### YOUR CHILD HAS BEEN IN CONTACT WITH SOMEONE WHO HAS BEEN IDENTIFIED AS A CLOSE CONTACT

#### WHAT TO DO?

- Attend school as normal
- If your child does not have any COVID-19 symptoms they should carry on with normal activities.

### YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE

#### WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- Self-isolate for 14 days in line with quarantine advice

#### WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms\*.

\*If your child has been identified as a close contact of a case of COVID-19, or has returned from travel abroad and is self-isolating, they must self-isolate for 14 days regardless of a negative COVID-19 test result.

Further information, including [Frequently Asked Questions for Parents and Carers](#), can be found on the Department of Education's website at [www.education-ni.gov.uk](https://www.education-ni.gov.uk)



## EDUCATION RESTART



## STAFF DEVELOPMENT DAY

**As a reminder, school is closed to pupils on Friday 2<sup>nd</sup> October for Staff Development.**

Please make childcare arrangements for this day.

## SOCIAL DISTANCING

Thank you everyone for your help and efforts in maintaining social distancing in school grounds especially during drop-off and collection times. It is important you still observe this. Once you have left your child to school, we respectfully ask that you do not loiter and chat with other parents.

## SCHOOL MEALS

As already mentioned, our Dining Hall is undergoing a refurbishment and is out of use until the beginning of October. **This means that we can only provide school meals to those children entitled to Free School Meals for the rest of September**, apologies for this inconvenience.

The EA are working their way through Free School Meal applications, if you made an application and have yet to receive a response, please contact EA School Meals on 028 2566 1355.

## MEDICAL INFORMATION

Last week, I informed you that our **Administration of Medication forms are now available to complete online via our website**. These can be accessed from the "Parents Section".

Thank you to those of you who have completed these forms online and submitted them to school.

As a reminder, we can not administer medication to children unless the correct forms have been submitted by a legal guardian and approved by the Principal. It is the responsibility of parents to ensure the correct forms are completed, the medication supplied is in date and we have an adequate supply of medication e.g. inhaler. It is also the responsibility of parents to ensure the safe disposal of medication once they are no longer required.

## HEALTHY BREAK & SNACKS IN SCHOOL

Help your child get their five a day by including some fruit or vegetables as a snack for their morning break. This includes all fresh fruit and vegetables and pots or tins of fruit in fruit juice, but not in syrup.

A portion could be:

- 1 medium sized piece of fruit, e.g. apple, orange, banana, pear
- 2 small fruits, e.g. kiwi fruits, satsumas, plums
- 1 cup of grapes, cherries or berries
- 1 large slice of pineapple or melon
- 1 cereal bowl of salad, e.g. lettuce, tomatoes, cucumber and celery
- 3 heaped tablespoons of fresh veg, e.g. chopped or sliced carrots, peppers or sugar-snap peas
- 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice)



# School Meals Menu

VEGETARIAN OPTIONS ARE AVAILABLE EACH DAY – refer to website

## Monday 14<sup>th</sup> September

Tune & Salad Baguette & Bottled Water

~

Date Krispie & Melon Wedge

## Wednesday 16<sup>th</sup> September

Chicken Salad Baguette & Bottled Water

~

Chocolate Brownie & Watermelon

## Friday 18<sup>th</sup> September

Pulled Beef Baguette, Carrot Sticks & Apple

Juice

~

Yoghurt & Apple Wedges

## Tuesday 15<sup>th</sup> September

Ham & Cheese Muffin & Veg Pasta Pot

~

Yoghurt & Pineapple

## Thursday 17<sup>th</sup> September

Chicken Tikka Wrap & Noodle Pot

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Milkshake, Vanilla Rice & Mandarin Orange

School meals are only available to those entitled to Free School Meals at present.

School meals for the week ahead should be booked online via SchoolMoney.

Back to school!  
Free 1 hour  
workshop with a  
dietitian

## Zoom Workshop Healthy, happy kids: Lunchbox & Snack Ideas



Are you looking for some  
back-to-school lunch ideas?



Do you want healthy,  
budget-friendly recipes?



Would you like tips from a dietitian on  
how to create healthier snacking habits  
for your child?



Additional dates:

- Friday 11th Sept 12-1pm

- Thursday 17th Sept 6-7pm

No sign up needed! See  
details to attend.

Includes advice on fussy eating  
and portion sizes.

HSC Public Health  
Agency  
Project supported by the PHA

HSC Health and  
Social Care

