

This week at school, we have been



talking about the measures we are all taking to keep everyone healthy, happy and safe at school. Reassuring children by talking with them about the ways adults around them are protecting them helps foster a sense of trust and togetherness, both of which are essential elements in starting a new academic year. Kindness, listening to each other and talking about how we feel all featured in our assembly this week and we thought about the ways that school life has changed and how we have all responded. This is currently a particularly crucial element of school life, as children and adults are re-igniting and exploring their special relationships in the community, while redefining what we understand to be 'social'.

One of our discussions featured the ways we show kindness, friendship and cooperation with non-contact signals and messages and we discovered that there are many more ways than we might first have imagined. One of my most interesting (though not surprising) discoveries was realising just how much the children missed hugs from their teachers, not just their friends. A hand on the shoulder, a pat on the knee or a simple high five all promote a remarkable sense of connection between a child and a teacher and I am reminded of how special it is to be able to teach at Meadowbrook, where our underlying principles grant us

the freedom to show children physical affection, and to accept it from them, a practise frowned upon in some settings.

Alongside the mental health and emotional development aspects to our curriculum, we have also had class reviews of our school behaviour and bullying policies, the Keepsafe Code and age-appropriate safeguarding reminders. For lowers, who may not be able to share all they have talked about, you can watch the Pantasuarus video with them at www.nspcc.org.uk These policies serve to remind children that some rules are inherently fundamental to happiness, health and safety and that these rules ALWAYS apply, no matter what the circumstances!

If you get the chance over the next few days, please discuss these things with your child. If you feel for any reason that they may not have internalised these messages, please speak to your class teacher. She would want to know if there was even more she could do to make a difference for your child!



Meadowbrook's Illness Procedures

To deliver our full curriculum, for which we needed

our specialist teachers back in school, we took the decision to re-open in September as a whole school bubble. We still feel this was the right decision but it does mean we have to be extra vigilant when taking action to protect all

members of our school community. The decisions each family makes now about sending unwell children to school potentially impacts everyone, and I'm sure we can all agree that no one wants the virus in their household.

Over the last few days, we have had to advise a number of families on what to do if their child feels unwell. It therefore seems prudent at this point to highlight both the current guidance and Meadowbrook's common sense perspective about when to stay at home.

Current guidance states very clearly that children with colds should attend school as usual, as long as they feel well enough, otherwise they should return as soon as they feel well again.

If your child is unwell with symptoms of a cold, but feels well enough to come to school without needing medication, please send them to school.

They should however, be kept at home and tested for COVID-19, or isolate for 14 days, if they have:



- A temperature
- A new, persistent cough
- Loss of taste or smell

NHS guidance dictates that a child has a temperature when they **'feel hot to touch on the chest or back'**. A child's temperature need not be taken to determine if they are hot; with temperatures in young children you can often (though not always)

feel heat radiating from them by simply getting close.

If your child feels hot, please keep them at home.

This also applies if your child has a new, persistent, DRY cough.

Persistent coughs are defined in NHS guidance as:

'coughing a lot for more than an hour, or 3 or more bouts of coughing in a 24 hour period'.

Coughs that produce mucus or are phlegmy are more likely to be related to a common cold.

If your child has a new, persistent, dry cough, please keep them at home.

It can be harder to determine if a child has lost their sense of taste or smell, but if you are unsure, please contact the school or a health advisor for further advice.

If your child is generally feeling or looking unwell, please keep them at home in the usual way. Even if you do not suspect that your child is unwell with the virus, no child should be in school if they feel too unwell to study, or if they have needed pain relief medication to come to school, unless discussed and agreed with their teacher.

If any member of your family displays **one or more** of the recognised symptoms of COVID-19 as outlined above, you must all stay at home and you must arrange to be tested. We appreciate this is proving rather difficult for many people at this time, but there are simply no

other options when it comes to sending your child to school.

Meadowbrook teachers will do all they can to support the education of your child at home, and in preparation for this, you should all have received your red home learning packs from your class teacher this week. While these do not yet contain work, they provide you with English and maths exercise books, as well as any text books that your child might need to pick up the curriculum at home if needs be. Some children have already trialled Music and Spanish lessons from home via Zoom and children that usually see Rosemary have also continued to receive their 1-2-1 lessons in the same way.

Thank You!

to all the families that are isolating that have supported us in the delivery of our trial school-from-home lessons this week! We appreciate your support and feedback!

Online Safety

If you do find yourself in the situation where your child is studying at home because your household is isolating, please note that there may be some parental safety controls that you might have to activate to guard your privacy and online security. These are usually free but may need to be turned on to come into effect. At our end, we will immediately shut down any online lesson that we feel has been hacked or subjected

to inappropriate content, regardless of the source. Your child will only EVER be contacted by a recognised Meadowbrook teacher, using a meadowbrook.uk email address, unless you have been previously notified otherwise DIRECTLY BY THE TEACHER. Please do not accept digital invitations from addresses you do not recognise, even if they have used a teacher's name in reference.

Holidays

If you are planning a holiday this half term, please refer to the guidance issued by Serena in the Parentmail dated 17/09/2020. Alternatively, you could stay local and attend Barbara's Holiday Club instead!



Our new MFL Lessons

On a lighter note, it was lovely to have a Spanish greeting on Thursday! Our new MFL lessons are exploring French, Spanish and German and this week children learnt more about Spanish culture, geography and language. They even learnt how to flamenco! We hope your children are sharing their new knowledge with you at home.

As usual, should you require any guidance or advice on these or any other matters, please speak to a member of staff, or email [Serena](mailto:serenagunn@meadowbrook.uk) or myself directly; serenagunn@meadowbrook.uk headteacher@meadowbrook.uk

Sarah