



'We lift our eyes to the hills'

January Newsletter 2022

Happy New Year! We hope you all have had a happy and healthy Christmas and have had time to have a rest. It was a very busy end to the autumn term. We fit a lot in and we have lots to fit in this spring term too!



PE and Outdoor kits

PE lessons will continue to be on a **Tuesday**. Children need to come to school in their **school shoes (with trainers to change into-sometimes they get quite muddy!)**, black jogging bottoms or shorts, white t-shirt or polo shirt and their **school jumper**. A PE kit bag in school with spare clothes and especially socks maybe useful too, especially for the younger children.

Please make sure their waterproofs, wellingtons and other suitable clothing are in school for outdoor learning sessions.

Snack at Breaktime

The Explorers and Discoverers are encouraged to bring in a healthy snack for the morning, (no sweets or chocolates please). The Adventurers snacks of milk and their daily fruit and vegetables will continue to be provided.

Children need to bring in a water bottle, so the children can have a drink throughout the day. These can be taken home daily or left for the week. They will all be sent home on a Friday.

Reading at home

In order to progress, children need to be reading regularly at home in addition to reading in school so we are asking that children read at home **4 times a week**- little and often works best! 'Children who are good at reading do more of it: they learn more, about all sorts of things, and their expanded vocabulary, gained from their reading, increases their ease of access to more reading. Conversely, those for whom reading is difficult fall behind, not just in their reading but in all subjects and a vicious circle develops.

Here's how many words kids would have heard by the time they were 5 years old: Never read to, 4,662 words; 1-2 times per week, 63,570 words; 3-5 times per week, 169,520 words; daily, 296,660 words; and five books a day, 1,483,300 words.' DFE (July 2021).

School dinners

Please make sure that all school dinners are ordered through Lunchshop before 9.30. It is not always possible for staff to check if all dinners have been ordered.

Covid update

I attached a letter from Colin Cox explaining the latest government guidance and the local enhanced guidance that is in place for Cumbria. The guidance seems to be getting longer and more complicated. At Selside School, we are basing our procedures on the local enhanced guidance from CCC health and safety team.

1. Children in early years settings- Nursery and Reception

Children who are close contacts of a positive case in their household

- Children under the age of five who live in the same household as someone who has tested positive for COVID-19 are advised to stay at home for **5 days**, starting from the onset of symptoms in the household contact who has tested positive (or test date if the positive case had no symptoms).

Children who are close contacts of a positive case that they do not live with

- Children under the age of 5 who are close contacts of a positive case that they do not live with, are not required to isolate or take part in daily LFD testing.

If the child develops symptoms of COVID-19, they should immediately isolate and get a PCR test.

2. Children in primary, infant, and junior schools

Children who are close contacts of a positive case in their household

- Following the local enhanced guidance, we ask parents to keep **household** close contact children at home for **5 days and then PCR test on day 5**.
- For non-household contacts, the LFD tests should be taken every day for **7 consecutive days**. If they test negative on their LFD tests, they can continue to attend their education setting, and do not need to self-isolate (Daily LFD testing is not mandatory; only strongly advised)
- Anyone who receives a positive LFD test result, or who develops COVID-19 symptoms, should immediately self-isolate and take a PCR test.
- If the PCR result comes back positive, contacts must self-isolate for **7 full days** from the day they took the positive PCR test (or developed symptoms). If the PCR result comes back negative, contacts can leave self-isolation but should continue to take daily LFD tests for the remainder of their daily testing period

3. Adults in school

Adults who are not fully vaccinated.

- Adults who are not [fully vaccinated](#) are legally required to self-isolate for 7 full days if they are a contact of someone with COVID-19 (whether the Omicron variant or not). They are also advised to get a PCR test as soon as possible.

Adults who are fully vaccinated

Adults who are fully vaccinated¹ and children aged 5 years and above who are a close contact of someone with COVID-19 (whether the Omicron variant or not) are advised to conduct daily lateral flow (LFD) tests before they leave the household for the first time each day.

If the adult develops symptoms of COVID-19, they should immediately isolate and get a PCR test.

Please contact us if you have any worries or concerns.

Diary Dates

5th Jan- Feb 27th RSPB Big Bird Watch

3rd Feb -Questions and Answers with Tim Farron in school

7th Feb- Big Sing for Years 1, 2, 3, 4

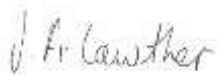
7th Feb- Mental Health week

8th Feb Safer Internet Day.

14th Feb to 18th Feb- Half term

Just a reminder we are back to school on **Wednesday 5th of January** for the new term. We look forward to seeing you all then.

With very best wishes



June Lowther & all the Selside School Staff