



# School Newsletter

**Issue 2**

Friday 2nd October

## Message from Mrs Woods

Thank you to those parents and carers who are continuing to adhere to social distancing measures by following the one-way systems and arriving on time to drop off and collect their children. We know that for some of you, you are having to walk around the school to get to more than one of the different drop-off areas and your patience and understanding with this matter is much appreciated.

I am concerned however, to hear that some of our older pupils in Y5/6 have been forced to walk onto the side of the road when walking along the pavement on Longshaw Road. I appreciate that the pavements get quite busy in the mornings and therefore urge all parents to stand next to the school railings when dropping your child off to school and not to gather, allowing everyone easier access. I have also been told that parking on Longshaw Road has been hazardous, again putting our pupils and families at further risk.

For the sake of everyone, can I please ask that you do not block the pavements when dropping off / collecting your child and line up against the school railings, using the markings to socially distance. If you do drive your child to school, please park safely. I would hate for a serious accident to happen and one of our pupils / their family members get injured.

I have included within this newsletter NHS guidance that was sent out to parents on Monday – the season of coughs and colds is here once again and I understand that it is difficult to know whether or not to send your child in to school given the worry of Covid19. Hopefully, you will find the information helpful and that it clarifies things. If in doubt though, either contact the school office, or if your child is showing symptoms of Covid19, then contact 111.

## Nasal Flu vaccinations

The children's flu vaccine is offered as a yearly nasal spray to all children from the age of 4 up to Year 7 to help protect them against the flu.

Flu can be very unpleasant for children with potentially serious complications including bronchitis and pneumonia. The Waltham Forest Immunisation team will therefore visit Longshaw in November and administer the nasal vaccine to those children with parental consent

***Each parent will receive a separate consent form which must be returned to school either consenting or refusing the vaccine.***

## Secondary School Applications – 2021

If your child is currently in Year 6 and due to start secondary school in September 2021, then you must apply for a school place.

You can access all information about how to apply on the Waltham Forest Admissions website page:  
[www.walthamforest.gov.uk/content/applying-secondary-school-place](http://www.walthamforest.gov.uk/content/applying-secondary-school-place)

**The closing date is 31 October 2020**

The website also provides a 'Starting Secondary School 2021' brochure which contains all the information you need to know about applying.

## NHS GUIDANCE – When to keep your child at home

It is a difficult time for parents to know if it is safe to send their child in to school or whether to keep them at home when they are feeling under the weather. The guidance around what to do if you suspect your child has Covid19 symptoms is clear:

**You should only book a Covid19 test if your child has any of these three coronavirus symptoms:**

- 1. a high temperature: any new high temperature where your child feels hot to touch on their chest or back (you do not need to measure the temperature)**
- 2. a new continuous cough: coughing a lot for more than an hour, or three or more coughing episodes in 24 hours**
- 3. a loss of, or change in, sense of smell or taste: a noticeable loss of smell or taste or things smell and taste different to normal**

**Your child does not need a test if they have a runny nose, are sneezing or feeling unwell but do not have a temperature, cough or loss of, or change in, sense of smell or taste because these are not normally symptoms of coronavirus.**

Here is further NHS guidance of when it is ok to send your child in to school and when you should keep them at home.

<b>I can send my child in to school</b>	
<b>Coughs &amp; colds</b>	It's fine to send your child to school with a minor <u>cough</u> or <u>cold</u> . But if they have a fever, keep them off school until the fever goes. Encourage your child to throw away any used tissues and to wash their hands regularly. A new, continuous cough could be coronavirus (COVID-19) – seek medical advice.
<b>Sore Throat</b>	You can still send your child to school if they have a <u>sore throat</u> . But if they also have a fever, they should stay at home until it goes away.
<b>Cold Sores</b>	There's <b>no need to keep your child off school if they have a cold sore</b> . Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.
<b>Conjunctivitis</b>	You don't need to keep your child away from school if they have <u>conjunctivitis</u> . Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.
<b>Hand Foot &amp; Mouth disease</b>	If your child has <u>hand, foot and mouth disease</u> but seems well enough to go to school, there's <b>no need to keep them off</b> . Encourage your child to throw away any used tissues straight away and to wash their hands regularly.
<b>Head Lice</b>	There's <b>no need to keep your child off school if they have head lice</b> .
<b>When to keep off school</b>	
<b>Fever</b>	If your child has a fever, keep them off school until the <u>fever</u> goes away. A high temperature, where your child feels hot to touch on their chest or back could be coronavirus (COVID-19) – seek medical advice.
<b>Chicken Pox</b>	If your child has <u>chickenpox</u> , keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.
<b>Vomiting and diarrhoea</b>	Children with <u>diarrhoea or vomiting</u> should stay away from school for 2 days after their symptoms have gone.
<b>Ear Infection</b>	If your child has an <u>ear infection</u> and a fever or severe earache, keep them off school until they're feeling better or their fever goes away.
<b>Impetigo</b>	If your child has <u>impetigo</u> , they'll need antibiotic treatment from the GP. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share towels, cups and so on with other children at school.
<b>Ring Worm</b>	If your child has <u>ringworm</u> , see your pharmacist unless it's on their scalp, in which case you should see the GP. It's fine for your child to go to school once they have started treatment.

## E Safety

### WhatsApp Guide for Parents



As you are aware, children now have access to a wide range of online Apps and information on the internet. When used sensibly, it can be a source of great fun and learning but when the risks are not fully understood or information is misused, it can become a source of much upset and worry. That's why as parents, it is so important to understand and be aware of the apps your child has access to and furthermore, monitor their activity to ensure that they are keeping themselves safe online. So, here's some information on WhatsApp as I know that many of our older pupils use this app to contact their friends.

#### **What is WhatsApp?**

WhatsApp is a mobile messaging app which allows users to exchange messages using existing phone contacts without having to pay text message fees. WhatsApp Messenger is available on most mobile devices including iPhone, BlackBerry, Android, Windows Phone and Nokia. WhatsApp users can create groups and send each other unlimited images, video and audio messages.

#### **Does WhatsApp have any age restrictions?**

As of May 2018, WhatsApp's **minimum age of use is 16 years old** if you live in the European Union, or a country that has adopted the [GDPR](#), as the UK has. It was previously 13 and WhatsApp has not yet said what will happen to users between 13 and 16 who already held accounts under the old terms and conditions. By using WhatsApp, a user agrees to provide certain personal information such as their mobile phone number, billing and mobile device information.

If WhatsApp learns that identifiable information of a child under 16 has been collected on the WhatsApp Site or WhatsApp Service, then WhatsApp may deactivate the account.

#### **Should I be concerned about WhatsApp as a parent/carer?**

WhatsApp is a great way for young people to socialise with their friends.

Children can only talk to existing contacts on their phone. Although this may feel safer, it's still important to remember that some content shared may not be appropriate for children, or they have contacts (strangers) in their phone who they have never met face to face.

Likewise, as with all social media, caution is advised over your [child's digital footprint](#), particularly the content (photos, videos and messages) they choose to share via WhatsApp. Once shared, it can be copied, re shared and posted anywhere online.

#### **Group chats on WhatsApp**

WhatsApp also contains a group chat function. The feature lets users chat with up to 100 people in one conversation stream. Each group is set up by one contact who becomes the group admin – they're the only user who can add or remove participants and change/add new group admins.

Group conversations usually take place between friends. But sometimes, users can be added to a group where they don't know everyone else. Even if fellow users in the group aren't contacts, they will still be able to see messages your child posts in the group, and your child will be able to see theirs. Likewise, if they're added to a group with someone they've blocked, the blocked person will be able to contact them there.

Therefore, it's possible they could see or be contacted by someone they don't know and could be vulnerable to content posted by this person. Although a user cannot control who adds them to a group chat, **they can always control their own participation within it** – they can leave whenever they want to.

*It's a good idea to advise your child that if they are in a group chat with someone they don't know and are uncomfortable with, they should exit the group and speak to you about it.*

**For more information visit our school website or visit the CEOPS website:**

<https://www.ceop.police.uk/safety-centre/>

## Diary Dates

Friday 23 October	School breaks up for half term
Saturday 31 October	Deadline for Y6 secondary applications
Monday 2 November	Staff INSET day – school closed
<b>Tuesday 4 November</b>	<b>Children return to school</b>
Friday 18 December	School breaks up for Christmas
Monday 4 January	Staff INSET day – school closed
<b>Tuesday 5 January</b>	<b>Children return to school</b>
Friday 12 January	Children break up for half term
Monday 22 February	Staff INSET day – school closed
<b>Tuesday 23 February</b>	<b>Children return to school</b>
Wednesday 31 March	School closes for Easter
Thursday 1 April	Staff INSET day – school closed
<b>Monday 19 April</b>	<b>Children return to school</b>
Friday 28 May	Children break up for half term
Monday 7 June	Staff INSET day – school closed
<b>Tuesday 8 June</b>	<b>Children return to school</b>
Friday 23 July	Children break up for summer

## TT Rock Stars



Please don't forget to encourage your child to practise their times tables every day using TTRs.

Every child in Y2 – Y6 has got their own password to access. If you have lost or forgotten it, please speak to your child's class teacher or send an email to the school office. Thank you.

## Bug Club



Your child will soon bring home login details to access a new online reading portal – Bug Club.

Bug Club is a finely levelled reading scheme, which ensures that all children can find books at exactly the right level for them. Your child will be able to use it to encourage independent reading at home and throughout the week (in addition to bringing home a school reading book and library book).

More information will be sent home to parents but in the meantime, do encourage your child to read at home – whilst they are still young enough, why not snuggle in for some bedtime reading together at the end of the day or ask older siblings to read a bed time story to their younger brother / sister. Together you can read your child's favourite books, comics, information books – anything that they enjoy!

