



## Head Teacher Newsletter November 2020

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## November 2020 Newsletter

Everyone at Park View hopes you are all staying safe during our Tier 4 lockdown! With lots of events coming up in school, we thought it would be ideal for another short newsletter that contains all information for all families.

### Freestyle Friday

This Friday will be our last 'fundraising' Freestyle Friday. All children can come in 'Autumn' wear for a donation of £1.

However, as you know from my previous email, every Friday in December, the children can come in 'Christmas' wear. Each Friday of advent, we will have a Christmas Dress Down where children will wear 'Christmas Clothes' - this could be a Christmas Jumper, winter clothing, tinsel, Christmas colours etc. We are aware that this time of year is expensive for everyone and we do NOT want anyone to go to the expense of buying Christmas clothes, which is why we are being flexible on what this is. However, if they do have a Christmas jumper then at least there will be a few occasions where they can wear it. There is no charge for these dress down days.



### KEEPING PARENTS INFORMED

**Parents Night** – Hopefully everyone received their Parents Night call and it was a good opportunity to hear about your children's progress from their class teacher. We feel that it worked well in the current circumstances. As usual, there are some drawbacks from a whole school community perspective, but hopefully having that conversation helped you identify your child's next steps. If anyone has any further questions about how you can support your child at home, please contact the school and we will be happy to help.

We want to keep parents involved as much as possible and we are aware that during such restrictions our community spirit is difficult to keep hold of. We are always keen to hear your ideas and we will be sending out a questionnaire soon to ensure we take your opinions on board.



### Cold weather

As you will be aware, we need to keep the windows open as much as possible. Some children are often cold and are allowed to wear their jacket. Please speak to your child to

find out if they feel cold in school and provide a school jumper and warmer clothes.

### Book amnesty

We seem to be short of some school books. Please take some time to rummage through the drawers and under beds and hand in any books that belong to the school - no questions asked - we will just be happy to have them back!





## **Food Bank Donation**

Park View Primary is very proud to be part of the Halfway community and appreciates all of the help and support it receives throughout the year. We recognise that this has been a difficult year for so many of our families and we would like to encourage children who can to give something back during the festive period.

We are pleased to be supporting the Rutherglen and Cambuslang foodbank this Christmas as they try to bring some festive cheer to families in need. The foodbank has been a lifesaver for so many in our community this year and they would be incredibly grateful if you were able to add a couple of extra packets or tins to your weekly shop. We will be collecting donations in school from 1<sup>st</sup> – 10<sup>th</sup> December to give the foodbank time to distribute them before Christmas. The foodbank have asked for the following:

- P1 – Sugar, biscuits and diluting juice
- P2 – Coffee, chocolate treats, jam
- P3 – Tea bags, washing up liquid and chocolate
- P4 – Rice pudding, custard, tinned fruit
- P5 – Diluting juice, long life milk, sweets
- P6 – Jam, sugar, chocolate treats
- P7 – Washing up liquid, coffee, mince pies



Because of the current restrictions, it would be extremely helpful if you could send your donations in a plastic bag. Thank you so much for your support.

Mrs Aiton and the Charity Committee

If you find yourselves in need this Christmas, please don't hesitate to contact Citizens Advice or your local GP who will put you in touch with your local foodbank.

## **We are here to help!**

This has most certainly been a very different year, but for some it has caused great financial difficulties. We are being inundated with offers of help to families e.g toy donations for Christmas gifts, Food Hampers etc etc. Please do not be in the position where your children won't receive a Christmas gift, or you are struggling to feed your children. Our whole community are more than happy to help, and this can be done discreetly without others knowing about it - including the children! Feel free to email me, Mrs Brunton in the office, or anyone who you feel comfortable approaching if you need any help. We are not a school community if we can't help each other in times of need.



# COVID advice from NHS

## When to self-isolate

### Self-isolate immediately if:

- you have any [symptoms of coronavirus](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- [you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app](#)
- you arrive in the UK from a country with a high coronavirus risk – see [GOV.UK: how to self-isolate when you travel to the UK](#)

### Information:

**If you think you've been in contact with someone who has coronavirus, but you do not have symptoms and have not been told to self-isolate, continue to follow [social distancing advice](#).**

## When to get a test

Get a test as soon as possible if you have any symptoms of coronavirus.

### The symptoms are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

The test needs to be done in the first 5 days of having symptoms.

**You do not need to get a test if you have no symptoms or if you have different symptoms.**

## Get a test to check if you have coronavirus

### Tell people you've been in close contact with that you have symptoms

You may want to tell people you've been in close contact with in the past 48 hours that you might have coronavirus.

### What does close contact mean?

**They do not need to self-isolate unless they're contacted by the NHS Test and Trace service. But they should take extra care to follow [social distancing advice](#), including washing their hands often.**

Take care and stay safe.

Mrs J McColl

Head Teacher