



The Cedars Primary School

Newsletter

Thursday 17th December 2020

A Happy Christmas from all at The Cedars

I would like to take the opportunity to wish all of you a very Merry Christmas and a Happy New Year, but perhaps more importantly, a safe holiday. As I write this I am not sure what might happen with rules for family gatherings during the break, but I would urge all families to listen to advice to ensure that everyone stays as safe as possible.

At school we have continued to try and ensure that all children and staff are kept safe, we had a difficult period of staff and child absence mid term but this has improved recently. We also continue to update our risk assessment to keep up with new guidance in order to keep all as safe as possible.

Attached to this newsletter is a statement from Councillor Tom Bruce outlining the work of the local authority in supporting schools.

If there is anything in the letter that you wish to discuss please contact the school either by phone or email help@cedars.hounslow.sch.uk



The Cedars Christmas Production

Due to Covid-19 regulations and to keep all safe, we have not been able to produce and show a full Christmas production this year. We have however filmed a special show featuring as many of the children as possible. We wanted parents and carers to be able to see the show and so we have made it available to view via your child's Google Classroom account.

Please note that to ensure the safety of all children the production should not be copied or shared via social media as it contains images of the children. Please watch the show at home but do not share or distribute it to anyone else.

If you have any problems accessing Google Classroom, please contact the school.

Track and Tracing — Christmas Holiday

The DfE have asked us to continue with track and tracing during the early part of the Christmas holiday. If your child is unwell with Covid-19 symptoms or tests positive then I need you to let the school know so that I can inform anyone else who may have been in contact with your child. Please remember to contact the school if your child develops Covid -19 symptoms up to 48 hours after school closes today. Full details can be found on the next page of the newsletter

Term Dates

Children return to school on **Tuesday 5th January** after the Christmas Holiday.

Half term: Monday 15th February to Friday 19th February

End of term: Wednesday 31st March

Hounslow Schools follow COVID guidelines to ensure transmission is minimal

Statement from Councillor Tom Bruce, Cabinet Member for Education, Children and Youth Services

Published: Monday, 14th December 2020

Councillor Tom Bruce, Cabinet Member for Education, Children and Youth Services, said:

“All our schools are working hard in following the guidelines to make sure the risk of transmission in schools is minimal. They are a safe environment for children and are important for their psychological wellbeing and social development. Local data shows most infection in children is acquired at home or in the community, not in school.



“Schools are providing COVID secure environments by undertaking risk assessments to determine the best measures for their site including social distancing, good hand hygiene, mask wearing, one way systems and enhanced cleaning regimes.

“Schools have worked closely with the Council, Department of Education and Public Health England, reporting cases, undertaking contact tracing in the school and responding rapidly to changes in national guidance. If individual schools can demonstrate it is necessary and appropriate to shut for face to face teaching, this will be supported by the council.

There is a wide range of support for schools in the borough.

This includes:

- Access to 7 day a week support from Public Health and Health and Safety for advice and guidance
- Twice a week schools receive a school COVID-19 report, updating them on infection rates, local hotspots, action being taken locally, what they can do to support and the latest guidance for schools.
- Targeted Asymptomatic Testing (using Lateral flow tests) in 10 schools before Christmas with another 10 schools to roll out in January
- Fortnightly Headteacher briefings with the director of public health.”

Track and Tracing — Christmas Holiday

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- If your child tests positive for coronavirus (COVID-19), having developed symptoms **more than 48 hours** since being in school, the school should **not** be contacted. Parents and carers should follow contact tracing instructions provided by NHS Test and Trace.
- If your child tests positive for coronavirus (COVID-19), having developed symptoms on **Friday 18th or Saturday 19th**, the school should be contacted and will assist in identifying close contacts and advising self-isolation, as the individual may have been infectious whilst in school.
- School staff will be on-call to conduct any contact tracing up to and including until Wednesday 22nd December.
- A member of the school's senior leadership team will be on-call via email between 10.00 and 11.00am every morning. The school can be contacted by emailing: help@cedars.hounslow.sch.uk
- If your child is asked to self-isolate due to contact with a positive case after the 22nd December, I do not need to be informed about their absence until the first day of the new Spring Term.



3 TIPS

FOR PARENTING THROUGH HOLIDAY STRESS

1. MAKE SPACE FOR BIG EMOTIONS

Encourage children to **name what they are feeling** about the holiday season.

Sadness about not getting to go to Grandma's house might include feelings of **longing** to see relatives or **worry** that it may be many months before the next visit. **Anger** about not getting to take the annual family vacation might be tangled up with **jealousy** about what other kids are doing.

2. FOCUS ON GRATITUDE

★ Start an **evening gratitude ritual**: At the dinner table or during bedtime, ask each family member to share one thing they are grateful for from the day. Examples:

- I am grateful the four of us get to be together for the holiday.
- I am grateful that we will be able to exchange gifts.
- I am grateful we are making new traditions this year.

★ Take on a **social media gratitude challenge** together. Search for hashtags like #100daysofgratitude or #gratitudechallenge, or make up your own rules.

3. PRACTICE REFRAMING

Together with your child, practise finding better-feeling thoughts.

Instead of: We can't do any of the things we usually do this holiday.

Say: We are going to make new traditions this year.