

The Cedars Primary School

Newsletter

Wednesday 20th January 2021

Covid-19 Update From The Headteacher

I attended a briefing today with Kelly O'Neill, Director of Public Health, she reported that unfortunately the lockdown is not having enough of an effect and Hounslow is now the worst borough in London in terms of infections. Rates are dropping slightly but the virus is still spreading very rapidly and causing significant pressure on the NHS. Even with the relatively low numbers of children and staff in school we still had another two cases that affected the school last week and two more possible cases this week.

Please remember that if your child or anyone in your household either:

- Has symptoms
- Has a positive test

You must stay at home and self-isolate for 10 days or until symptoms have gone.

Do not send your child to school if they, or anyone in the house has symptoms or has tested positive. If you are unsure, please phone the school first.

The message from Public Health England is still the same:



**We can help control the virus
if we all STAY ALERT**

- | | |
|--|---|
|  Stay at home as much as possible |  Keep your distance if you go out
(2 metres apart where possible) |
|  Work from home if you can | |
|  Limit contact with other people |  Wash your hands regularly |



**And if you or anyone in your household
has symptoms, you all need to self-isolate.**

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Support at Home

We have now sent home Chromebooks to all parents and carers who have requested one and work packs to all children at home. This week we have sent home work to support targets from children EHCPs. Please have a look at the resources and if you have any questions please contact the school.

Below are some websites to support children's EHCP targets at home:

Motor skills

(These are the precise muscle movements that allow your child to perform movements with accuracy eg writing, cutting, manipulating small objects)

Gross motor skills advice https://childrenshealthsurrey.nhs.uk/application/files/5615/2153/8493/Promotion_of_Gross_Motor_Skills.pdf

Pre-writing skills advice https://childrenshealthsurrey.nhs.uk/application/files/8415/2153/8493/Pre_Writing.pdf

Handwriting advice <https://childrenshealthsurrey.nhs.uk/application/files/5315/2153/8492/Handwriting.pdf>

Using scissors advice https://childrenshealthsurrey.nhs.uk/application/files/7815/2153/8492/Using_my_Hands_-_Scissors.pdf



Handwriting

(Handwriting is a complex skill which requires the following skills for a child to be able to write with speed and precision: pencil grip, letter formation, and body posture. Other factors involved in handwriting include vision, eye-hand coordination, muscle memory, posture, body control, as well as pencil grasp and letter formation.)

Penpals messages for parents https://www.cambridge.org/files/7314/9020/2522/PfH_Messages_for_Parents_combined.pdf

Pencil Holds https://www.cambridge.org/files/5514/7645/5953/ppp_alphabet_pencil_hold_a3_poster.pdf

Handwriting posture https://www.cambridge.org/files/7414/7645/5954/ppp_alphabet_posture_a3_poster.pdf

Alphabet https://www.cambridge.org/files/9215/4290/3519/Penpals_Alphabet_Upper_Lower_A3_poster.pdf

Speech and language

(Speech refers to the actual sound of spoken language. It's the oral form of communicating. Speech is talking: using the muscles of the tongue, lips, jaw and vocal tract in a very precise and coordinated way to produce the recognizable sounds that make up language.)

Language refers to a whole system of words and symbols—written, spoken or expressed with gestures and body language—that is used to communicate meaning.)

Speech sound production and language skills - Information, advice, games and activities for home <https://speechandlanguage.info/parents>

Top tips for developing talk https://www.thecommunicationtrust.org.uk/media/617945/tct_toptips_pdf.pdf

Supporting children and young people with speech, language and communication needs https://www.thecommunicationtrust.org.uk/media/3670/misunderstood_edition_2_final.pdf

Supporting children with no speech or whose speech is difficult to understand https://www.thecommunicationtrust.org.uk/media/3414/other_ways_of_speaking_final.pdf



When was the last time you had a coronavirus test? Get tested now.

Got coronavirus symptoms? Book a test now. But remember, you must stay isolated until you get a negative result.

There is a range of local testing options available to you;

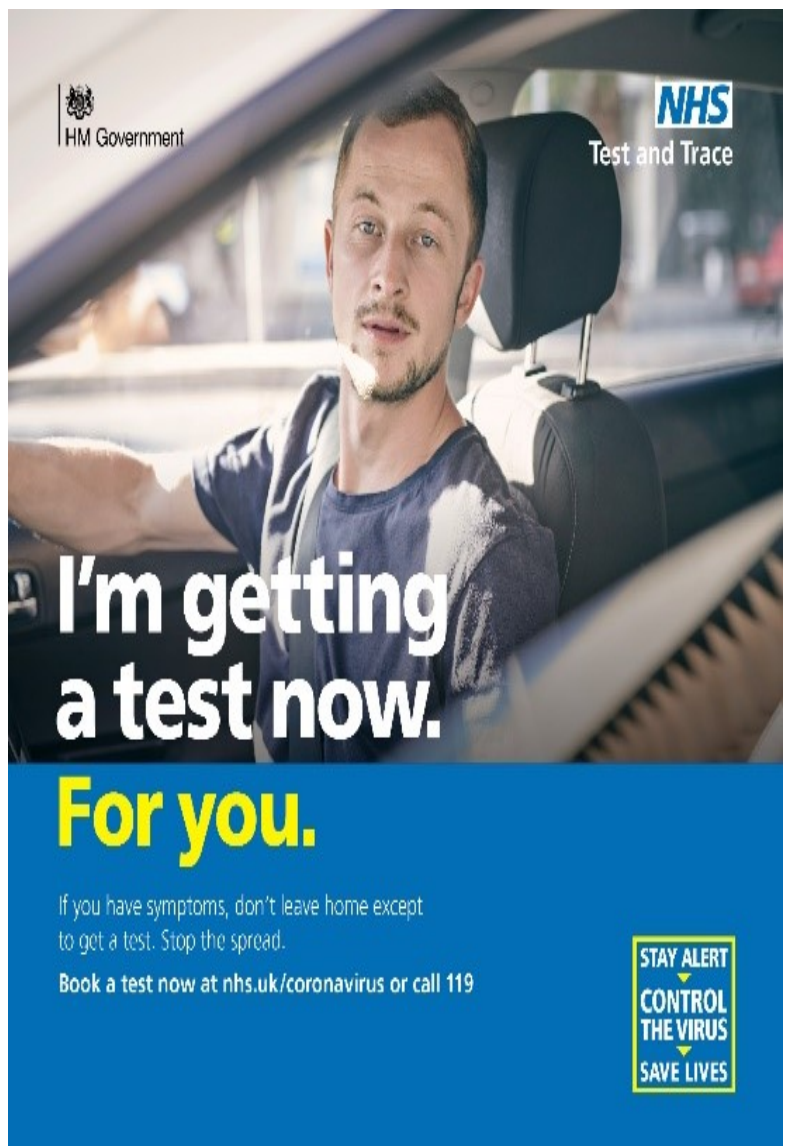
Order a home test kit,
go to a local walk-through test centre in Feltham and Heston, or

Visit a Mobile Testing Site where there are both pedestrian and drive-through appointments available.

The test sites currently all have capacity, especially at the weekends.

You must have a booking to access a test (to book [click here](#)). For more information, please [click here](#).

Testing is now available for all residents and keyworkers to get routinely tested whether you have symptoms or not. Simply select *"My local council or health protection team has asked me (or someone I live with) to get a test, even though I do not have symptoms"* when booking a test.

An advertisement for NHS Test and Trace. The top half shows a man with a beard and short hair sitting in the driver's seat of a car, looking towards the camera. The background is slightly blurred, showing the interior of the car and some outdoor elements. In the top left corner, there is a small logo for the HM Government. In the top right corner, the NHS logo is displayed with the text 'Test and Trace' underneath it. Overlaid on the bottom half of the image is a blue rectangular box containing white and yellow text. The text reads: 'I'm getting a test now. For you.' Below this, in smaller white text, it says: 'If you have symptoms, don't leave home except to get a test. Stop the spread.' and 'Book a test now at nhs.uk/coronavirus or call 119'. In the bottom right corner of the blue box, there is a yellow-bordered box with the text 'STAY ALERT', 'CONTROL THE VIRUS', and 'SAVE LIVES'.



If your child has:
a high temperature
a new, continuous cough, or
a loss of, or change in, sense of
smell or taste

This could be a sign of
coronavirus

Book a test

If your child has:
a runny nose, is sneezing or
feeling unwell

But they don't have:
a high temperature
a new, continuous cough, or
a loss of, or change in,
sense of smell or taste

These are
not normally symptoms of
coronavirus

Seek advice from a pharmacy, dial
111 or see your GP