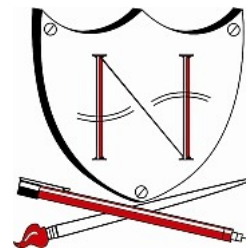


# Northmead

## Newsletter



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**Issue 4~ 20th October 2020**

Dear Parents

We have reached half term and I would like to thank you all for everything you have done to protect our community and enabling us to keep our school open.

We have recently been updated by Surrey that infection rates continue to rise in Guildford, so we need to remain vigilant about wearing face coverings and maintaining social distancing. Please continue to follow the staggered drop off and pick up times, which are in place to reduce the number of people in the school grounds at the same time. For this reason please can you leave the school grounds promptly when you have collected your child, otherwise if you stop for a chat it increases the number of people waiting.

We would like to request that the outdoor gym equipment is not used as a play area for younger children at the beginning and end of the day as this will result in another cleaning session before our children are able to play on it at morning break. I apologise if this sounds unwelcoming, but we need to have the best interests of everyone's health and safety in the forefront of all our plans.

Enjoy a good break at half term. I know the children are tired after the excitement and the demands of returning to school work- they are also ready for a rest to recharge !

### **Arrangements for Parent consultation meetings**

This term we will be holding our first virtual parents` meetings. This a new and exciting development for us and will hopefully be an interesting and valuable experience for parents. A letter explaining the system will be sent out after half term. As usual appointments will be 10 minutes long, however there will be one important change with the new system as there will be no facility to over run past the appointment time and meetings will end automatically after ten minutes. It is a good idea to ask your important questions early on in the discussion. It does mean there will be no delays or waiting around which should make the experience easier for everyone.

**We will not be closing the school for parent consultations on Tuesday 17<sup>th</sup> November 2020**

## Our School Council and House Captains

The latest school news is today's announcement of the new school council. Well done to everyone who took part in this year's election. It takes courage to stand up in front of your class. Well done to the children who were elected – we are looking forward to working with you and to hear your voice the views of your class mates.



## Our House Captains 2020-21



## School Dinners

Following our meeting with ABM the school catering company, I am pleased to tell you the three week menu rotation has returned. These new menus contain many of the children's favourites including a roast meal once a week and a greater variety of vegetables. The menus are printed on this newsletter and will be on our school web site. Due to the COVID regulations children will continue to eat their school lunches and packed lunches in their class bubbles. Now we have settled into this routine many children actually prefer this arrangement as they do not have to queue, can sit with their class mates and enjoy being in their familiar environment.



### Week One Menu

Served weeks commencing: 2/11 23/11 14/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PORK SAUSAGE MASHED POTATO AND GRAVY	CHICKEN & TOMATO PASTA BAKE	ROAST GAMMON, ROAST POTATOES & GRAVY	BEEF LASAGNE	FISH FINGERS & CHIPS
VEGETARIAN	VEGGIE SAUSAGE MASHED POTATO AND GRAVY	MACARONI CHEESE BAKE	ROASTED VEGETABLE FRITTATA WITH ROAST POTATOES	VEGETABLE LASAGNE	VEGETABLE FINGERS & CHIPS
JACKET POTATO	JACKET POTATO FILLED WITH CHEESE OR BEANS	JACKET POTATO FILLED WITH CHEESE, OR TUNA	JACKET POTATO FILLED WITH BEANS OR TUNA	JACKET POTATO FILLED WITH CHEESE OR BEANS	JACKET POTATO FILLED WITH CHEESE OR TUNA
SIDE DISHES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES
DESSERTS	FLAPJACK	BANANA TRAYBAKE	SHORTBREAD	CHOCOLATE BROWNIE	FRUITY FRIDAY



### Week Two Menu

Served weeks commencing: 9/11/20 30/11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	HAM PIZZA AND POTATO WEDGES	MILD CHICKEN CURRY & RICE	ROAST TURKEY, ROAST POTATOES & GRAVY	BEEF BOLOGNAISE PASTA	FISH FINGERS & CHIPS
VEGETARIAN	CHEESE AND TOMATO PIZZA WITH POTATO WEDGES	BBQ VEGETABLE & MIXED BEAN WRAP	CHEESE & BAKED BEANS PUFF, ROAST POTATOES	VEGETARIAN PASTA	VEGETABLE FINGERS WITH CHIPS
JACKET POTATO	JACKET POTATO FILLED WITH CHEESE OR BEANS	JACKET POTATO FILLED WITH CHEESE OR TUNA	JACKET POTATO FILLED WITH TUNA OR BEANS	JACKET POTATO FILLED WITH CHEESE OR BEANS	JACKET POTATO FILLED WITH TUNA OR BEANS
SIDE DISHES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES
DESSERTS	APPLE CRUMBLE FLAPJACK	CINNAMON OATY COOKIE	CHOCOLATE BROWNIE	JAM TART	FRUITY FRIDAY

### Week Three Menu

Served weeks commencing: 16/11/20 7/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	MEATBALLS IN TOMATO SAUCE AND RICE	CHICKEN & SWEETCORN PIE, MASH & GRAVY	ROAST CHICKEN, ROAST POTATOES & GRAVY	PASTA BOLOGNAISE	FISH FINGERS & CHIPS
VEGETARIAN	VEGETARIAN MEATBALLS IN TOMATO SAUCE AND RICE	CHEESE & TOMATO PASTA TWISTS	VEGETARIAN COWBOY PIE, ROAST POTATOES & GRAVY	MIXED BEAN FAJITA	VEGETABLE NUGGETS & CHIPS
JACKET POTATO / PASTA DISH	JACKET POTATO FILLED WITH CHEESE OR BEANS	JACKET POTATO WITH GRATED CHEESE OR TUNA	JACKET POTATO WITH TUNA OR BEANS	JACKET POTATO FILLED WITH CHEESE OR BEANS	JACKET POTATO FILLED WITH CHEESE OR TUNA
SIDE DISHES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES
DESSERTS	CHOCOLATE COOKIE	ORANGE JELLY With MANDARINS	ICED LEMON SPONGE	SULTANA OATY COOKIE	FRUITY FRIDAY





### The Creativity Bank

We have partnered with The Creativity Bank, whose aim is to share creative resources in the local community so everyone can experience the joy of creativity. Our sincere thanks to Biddles of Guildford, who kindly donated so much for this excellent project. 50 Packs were delivered to Northmead and distributed within our school community.

### Self-Isolation Guidance

*The most common symptoms of COVID-19 are:*

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

*If your child or a member of your household displays one or more of these symptoms then there may be a case of COVID-19 in your household. You MUST follow the Government's self-isolation guidance:*

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

What to do if...	Individual action needed	Return to school when
My child has COVID-19 symptoms	<ul style="list-style-type: none"> <li>• Do not come to school</li> <li>• Contact the school daily</li> <li>• Self-Isolate</li> <li>• Get a test</li> </ul> <p><a href="https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name">https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name</a></p> <ul style="list-style-type: none"> <li>• Inform the school immediately of the test result</li> </ul>	<p>The test is returned as negative (the school will ask to see confirmation of the negative result).  <i>If positive, please see next line.</i></p>
My child tests positive for COVID-19	<ul style="list-style-type: none"> <li>• Do not come to school</li> <li>• Contact the school daily</li> <li>• Self-Isolate for at least 10 days</li> <li>• Inform the school immediately of the test result</li> </ul> <p>NB – If a child has tested positive whilst not experiencing symptoms but develop symptoms during the isolation period, they should restart the 10-day isolation period from the day they develop symptoms.</p>	<p><i>If the child was ill at the time of the positive test:</i>  10 days have passed since the positive test <i>and</i> the child is feeling better.  <i>If the child was not ill at the time of the positive test:</i>  10 days have passed since the positive test <i>or</i> 10 days after the child became ill (whichever is later).  NB - A child can return after 10 days even if they still have a cough or loss of sense of smell / taste. These symptoms can last for several weeks once the infection has gone.</p>
Someone in my child's household has COVID-19 symptoms	<ul style="list-style-type: none"> <li>• <b>Do not come to school</b></li> <li>• Contact the school daily</li> <li>• Self-Isolate</li> <li>• Household member to get a test:</li> </ul> <p><a href="https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name">https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name</a></p> <ul style="list-style-type: none"> <li>• Inform the school immediately of the test result</li> </ul>	<p>The household member test is returned as negative.  <i>If positive, please see next line.</i></p>
Someone in a child's household has tested positive for COVID-19	<ul style="list-style-type: none"> <li>• Do not come to school</li> <li>• Contact the school daily</li> <li>• Self-Isolate for 14 days (even if the child has tested negative for COVID-19)</li> <li>• Inform the school immediately of the test result</li> </ul>	<p>14 days have passed since the family member tested positive.  The child must continue to self-isolate for the full 14 days even if they personally test negative for COVID-19.</p>
NHS Test and Trace have identified a child or staff member as a 'close contact' of someone with COVID-19	<ul style="list-style-type: none"> <li>• Do not come to school</li> <li>• Contact the school daily</li> <li>• Self-Isolate for 14 days (even if the child has tested negative for COVID-19)</li> </ul>	<p>14 days have passed since the individual was contacted by NHS Test and Trace.  The child must continue to self-isolate for the full 14 days even if they personally test negative for COVID-19.</p>
A child is planning to travel / has travelled to a destination requiring quarantine	<ul style="list-style-type: none"> <li>• <b>Do not take unauthorised leave in term-time</b></li> <li>• Consider quarantine requirements and FCO travel advice when booking travel; consider possibility of quarantine requirement, even if not in force at the time of booking</li> </ul> <p>If returning from a destination requiring quarantine:</p> <ul style="list-style-type: none"> <li>• Do not come to school</li> <li>• Contact the school daily</li> <li>• Self-Isolate for 14 days (even if the child has tested negative for COVID-19)</li> </ul>	<p>14 days have passed since the child returned from travel.  A negative COVID-19 test does not remove the need for a 14-day quarantine.</p>
A child has received medical advice that they must resume shielding	<ul style="list-style-type: none"> <li>• Do not come to school</li> <li>• <b>Contact the school as advised by the Headteacher / Pastoral Team</b></li> <li>• Shield for as long as recommended by medical advice</li> </ul>	<p>When restrictions are lifted, or medical advice is that your child can attend school again.</p>
A member of my child's household has been asked to self-isolate by NHS Test and Trace Or A member of my child's household is in quarantine at home following travel	<ul style="list-style-type: none"> <li>• Your child may continue to attend school</li> <li>• If any member of your household has symptoms of COVID-19, you should self-isolate immediately and the ill person should get a test:</li> </ul> <p><a href="https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name">https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name</a></p>	<p>Provided that your child has <i>not</i> been asked to self-isolate or quarantine, and no member of your household has symptoms, your child can attend school.</p>

### **Vehicle Access to School Premises**

At the beginning and end of the school day the driveway and car park are very busy. Parents should NOT be bringing their children on to the school premises and dropping them by car. Parents should park considerately and carefully in roads adjacent to school. The only vehicles that should be coming through the gates are the TAXIs that regularly do the school run or parents who can display a valid **Blue Badge (Disabled Parking Permit)**

## **Surrey Heritage Online Activities**

### **Make an Egg Box Bug with Surrey Heritage**

Surrey History Centre, look after old books, newspapers and letters. We have to be careful to look after our collections and make sure no bugs get into our store. Discover the ways we do this and get creative with our egg box bug craft video

<https://www.exploringsurreypast.org.uk/make-an-egg-box-bug/>

### ***DIARY DATES - check out what is happening and how you can be involved!***

Please be aware that these events are planned a term in advance and sometimes, due to unforeseen circumstances, some dates have to be changed. If there are any changes or additional dates we will endeavour to inform you at the earliest opportunity (usually text message, school newsletter or school website)

23rd October 2020	INSET DAY
26th - 30th October 2020	HALF TERM
2nd November 2020	RETURN TO SCHOOL
11th November 2020	Nasal Flu immunisations
11th December	NST Christmas Jumper Day
18th December 2020	Break up for Christmas Holidays
4th January 2021	School Reopens for Spring Term

## Please check your child for Head lice this Half Term

Head lice can make your head feel:

- itchy
- like something is moving in your hair

The only way to be sure someone has head lice is by finding live lice. You can do this by combing their hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.

### How to get rid of head lice

Treat head lice as soon as you spot them. You should check everyone in the house and start treating anyone who has head lice on the same day. There's no need to keep your child off school if they have head lice.

### Wet combing

Lice and nits can be removed by wet combing. You should try this method first. You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends  
It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

### Medicated lotions and sprays

Ask a pharmacist for advice if you have tried wet combing for 17 days, but your child still has live head lice. They may recommend using medicated lotions and sprays. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online.

