

Term 2

Week 1 10<sup>th</sup> - 15<sup>th</sup> January 2022

### Quote of the week:

Your present circumstances don't determine where you can go. They merely determine where you start.

### Welcome Back

In a recent article, it claimed that the top 5 new year resolutions were as follows:

- Lose weight
- Eat healthier or change diet
- Get fitter and take more exercise
- Spend more time with family and friends
- Be more aware and take care of mental health

It is reassuring to see that folks are not focusing on materialism but rather on looking after themselves and spending more time with their loved ones. We have all faced many challenges in 2021 and we hope that the new year will bring healthier, happier times for us all. Our children need you to be at your best so please do go that extra mile to look after your health and wellbeing and together, we can be there for our children.

On behalf of the everyone associated with our school, I wish you all a Happy, Healthy and Prosperous New Year!



### NSPCC Number Day

We are delighted to inform you that our children will be participating in Number Day 2022 on 4th February organised by the NSPCC. On this day, our children will be encouraged to take part in Dress up for Digits and have a fun-filled day of maths activities and games, while raising money to support services such as Childline. For more information, please see the link below:

<https://www.nspcc.org.uk/support-us/events-fundraising/social-special-events/number-day/>

Problems of the Day 2020

1

Day 1

**1** Fill in the missing numbers.

100 less than 20,000 is

more than 20,000 is 20,600

**2**

25% of my number is 24

What number is Teddy thinking of?

**3** Lucy shades in part of a rectangle.

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

She shades some more squares.

$\frac{7}{9}$  of the rectangle is now shaded.

How many more squares did Lucy shade?

## Stars of the Week

Congratulations to everyone who has been chosen for shining so brightly in the past week. Mrs Cuthbert announced winners on Friday 7<sup>th</sup> January as follows:



| Class  | Friday 7 <sup>th</sup> January |         |
|--------|--------------------------------|---------|
| Elm    | Noah                           | Layla   |
| Hazel  | Evie                           | Stanley |
| Willow | Marlee                         |         |
| Maple  | Reggie                         |         |
| Ash    | Freddy                         |         |
| Cherry | Lacey                          |         |
| Elder  | Henry                          |         |
| Oak    | Joshua R                       |         |

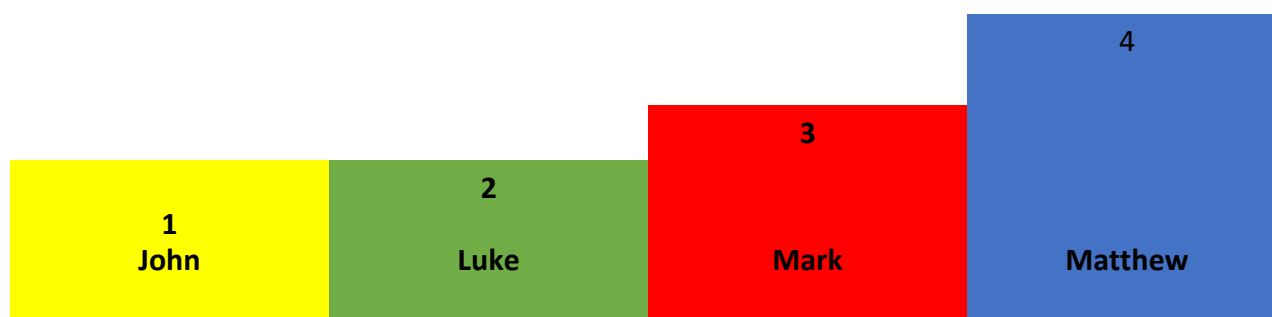
| Attendance: Week ending 7.1.22 |               |
|--------------------------------|---------------|
| Elm – Reception                | 95.86%        |
| Hazel – Year 1 & Reception     | 83.21%        |
| Willow – Year 1&2              | 92.11%        |
| Maple – Year 1&2               | 94.29%        |
| Ash – Year 3&4                 | 85.53%        |
| Cherry – Year 3&4              | 87.34%        |
| Elder – Year 5&6               | 85.09%        |
| Oak – Year 5&6                 | 79.39%        |
| <b>Whole School</b>            | <b>87.85%</b> |

**Remember the class with the best attendance for the term, will be rewarded with a delicious tray of cupcakes!**

**House Points**   **St. Mark 151**   **St. Matthew 166**   **St. Luke 124**   **St. John 101**

Below is the chart to show the house standings for this week. Remember, every time that you show respect, good manners and courtesy to others, you are making Southminster Church of England Primary School stronger and a happier place for us all!

The winners at the end of this term will be awarded a fun splash session at our pool, the perfect end to a busy half term.



**SCHOOL DINNER MENU** The school dinner menu for the week commencing Monday 7<sup>th</sup> January 2022 will be:

## School Meals

|                         | <b>Monday</b>                        | <b>Tuesday</b>                     | <b>Wednesday</b>   | <b>Thursday</b>                  | <b>Friday</b>                                  |
|-------------------------|--------------------------------------|------------------------------------|--|----------------------------------|--|
| <b>Choose your Main</b> | MACARONI CHEESE                      | BUTCHERS SAUSAGE & MASHED POTATO   | ROAST GAMMON WITH YORKSHIRE PUDDING                        | SWEET & SOUR CHICKEN WITH RICE   | HARRY RAMSDEN FISH FILLET                      |
| <b>Vegetarian</b>       | MACARONI CHEESE                      | VEGETARIAN SAUSAGE & MASHED POTATO | VEGETARIAN SAUSAGE ROLL                                    | SWEET & SOUR QUORN WITH RICE     | SPICY BEANBURGER                               |
| <b>On the Side</b>      | SWEETCORN<br>FRESH SALAD<br>COLESLAW | GARDEN PEA'S OR BAKED BEANS        | ROAST POTATOES<br>CARROTS<br>CAULIFLOWER<br>CHEESE & GRAVY | SWEETCORN OR BROCCOLI            | CHIPS<br>GARDEN PEA'S OR SPAGHETTI HOOPS       |
| <b>Lighter Bite</b>     | BAGEL WITH HAM OR CREAM CHEESE       | JACKET POTATO WITH BAKED BEANS     | JACKET POTATO WITH TUNA MAYONNAISE                         | JACKET POTATO WITH GRATED CHEESE | 1/2 BAGUETTE WITH CHOICE OF HAM CHEESE OR TUNA |
| <b>For Dessert</b>      | APPLE PIE & CUSTARD                  | FRESH FRUIT SELECTION              | FRUIT JELLY & CREAM  | OAT COOKIE                       | ICE CREAM POT                                  |

### Key dates for your diaries:

- 13.1.22 – Flu immunisations
- 18.1.22 - Rec & Yr Height & Weight Check with School Nurses Team
- 4.2.22 - Number Day 2022
- 14.2.22 – 18.2.22 – Half term
- 24.3.22 – Yr 3 & 4 Bradwell trip
- 4.4.22 – 18.4.22 – Easter Holidays
- 16 & 17.5.22 – Yr 5 Mersea trip
- 23-27.5.22 – Yr 6 Residential trip
- 30.5.22 – 3.6.22 – Half term
- 10.6.22 – Yr 3 & 4 Colchester castle trip
- 1.7.22 – Teacher Training Day
- 25.7.22 – Start of summer holidays

## Community News

### Covid News Update

The requirement for confirmatory PCR tests is to be temporarily suspended for positive lateral flow test results. From Tuesday 11 January 2022, in England, people who receive positive lateral flow results for COVID-19 will be required to self-isolate immediately and won't be required to take a confirmatory PCR test. This is a temporary measure while COVID-19 rates remain high across the UK. Whilst levels of COVID-19 are high, the vast majority of people with positive LFD results can be confident that they have COVID-19.

Anyone who develops one of the three main COVID-19 symptoms should stay at home and self-isolate and take a PCR test. They must self-isolate if they get a positive test result, even if they have had a recent negative lateral flow test - these rules have not changed.

Under this new approach, anyone who receives a positive lateral flow device (LFD) test result should report their result on [Gov.uk](https://www.gov.uk) and must self-isolate immediately but will not need to take a follow-up PCR test. After reporting a positive LFD test result, they will be contacted by NHS Test and Trace so that their contacts can be traced and must continue to self-isolate.

In line with the reduced self-isolation approach announced on 22 December, anyone who tests positive will be able to leave self-isolation 7 days after the date of their initial positive test if they receive two negative LFD results, 24 hours apart, on days 6 and 7. The [DfE guidance](#) has also been updated in line with the UKHSA announcement, and clarifies that children can return to school after day 7 if they have had two negative LFD tests.

You should continue to report to us and Essex T&T as you are already doing so, treating positive LFDs as a confirmed case. Also, as a reminder the test date or symptom start date is day 0, with isolation then being carried out for 10 full days, or LFD testing can start on day 6 but no sooner for release on day 7. See attached a flowchart for guidance.

### Primary School Places 2022

Parents have just over a week left to apply for their child's primary school place.

Children can start school in the September after their fourth birthday. This means parents/carers of children born during the period 1 September 2017 and 31 August 2018 must apply by 15 January 2022.

Applications submitted after the deadline will only be considered after all on-time applications. Families will give themselves the best chance of being considered for a school they prefer by getting them in on time. We encourage parents to use all four of the preferences available and to check the admissions criteria for each school you wish to apply for. **If you have any queries, please contact the School Admissions Team** Email: [admissions@essex.gov.uk](mailto:admissions@essex.gov.uk) Telephone: 0345 603 2200

### Essex Safeguarding Children Board

The Essex Safeguarding Children Board are providing online safety awareness sessions for parents. Please see the details below: -

#### **Online safety awareness session by The 2 Johns**

This session will look at the online world and how our young people are using it. It will explore how they are navigating around restrictions and using the internet without parents' knowledge.

This session will explore solutions that parents and professionals can adopt to help keep children safe which includes how to use settings on apps to ensure safe use of games and how adults should approach the online arena.

[Find out more and request place on 3 February 2022.](#)

## **\*Parent session\* Online Safety with The 2 Johns**

A parent session will be held on 3 February at 6pm on Facebook Live. Anyone wishing to attend will need to go to The 2 Johns [EST Safety Facebook page](#). Please share with colleagues, across your networks and with any parents you are working with. You can also like and share the [ESCB Facebook page](#) which regularly promotes these type of events.

## **Wellbeing courses run by Essex County Council for resilience.**

# InterAct

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## ***Resilience and Wellbeing workshops*** ***A four week course for parents/carers of children (0-19)***

### ***Resilience Training***

*Introducing the idea of building resilience (managing the daily family pressures and stress), and using what we know, can help children and ourselves to bounce back when life is particularly tough.*

*Resilience is the ability to withstand and recover from stressful life challenges, strengthened and more resourceful. The course focuses on what it means to be a parent of a child/children and the particular challenges the family may face on a daily basis*

*The course aims to build parents' resilience, so they are well placed to enjoy their journey bringing up their children:*

- *Share and explore their travels so far*
- *Take note of and celebrate the skills they have acquired along the way*
- *Map their needs in preparation for the next adventure*
- *Practise and rehearse possible strategies for building their skills and strengthening their resolve to journey on*



***"Meeting and knowing my basic needs, resilience in a meeting – learn skills to have a positive attitude. Put into action all what I have learnt on the course."***

### ***Course details***

***Dates: 25 Jan, 1, 8, 15 Feb 2022***

***Times: 10:00 to 13:00***

***Venue: Conference Room, Moulsham Mill, Parkway, Chelmsford, CM2 7PX***

***FREE Parking in rear car park & refreshments***

**A contribution of £15 towards material costs.**

**For more information, or to book:**

**Contact: Lesley Bailey 01245608307/07908616149 [Lesley.bailey@interact.org.uk](mailto:Lesley.bailey@interact.org.uk)**

**Book online: <https://interactchelmsford.wufoo.com/forms/xtagex04fng3/>**