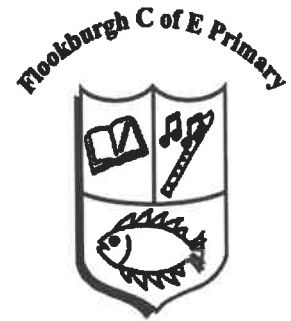


Flookburgh C of E Primary School

Winder Lane, Flookburgh,
Grange-over-Sands, Cumbria LA11 7LE
Tel: 015395 58434 Fax: 015395 59071
Email: admin@flookburgh.cumbria.sch.uk
Headteacher: Mrs G Pett BA (Hons)
www.flookburgh.cumbria.sch.uk



Monday 15th March, 2021

Dear Parents and Families,

Having now completed our first week back together I hope that you too have been as impressed as we have with how well our children have returned to school. No doubt getting back into the routines of a 'full-day' of learning and catching up with friends, including teachers, has meant some may have been a little more tired than usual by the end of last week so, I hope that you all managed to have a relaxing and peaceful weekend.

Routines in school are now very well established once again and it is lovely to hear the sound of our children laughing, chattering and just having fun after the last few weeks of quite a quiet school!

So, just a few updates for you all:

Water Bottles and Healthy Snacks

Just a gentle reminder, please can all children bring a water-bottle into school each day which should be filled with water and not juices, even cordial, please; we're all really aware of keeping young teeth healthy and free from sugar as much as possible.

In line with our continued healthy school approach and as part of our school's ethos, we are really encouraging all children to be aware of what they eat and drink and we believe, by sticking to a few simple guidelines on what to drink and eat during the school day, will go a long way to support the physical and mental health and wellbeing of our children.

So, if we can ask you to just check your child's drinks bottle, breacktime snack and packed lunch so that sugary juices, crisps and chocolate, etc, are replaced with healthier options of fresh water and fruit and vegetables, that would really great – thank you.



Red Nose Day – Friday 19th March

We shall be doing lots of in-school Comic Relief activities on Friday so, if your child would like to come to school in non-uniform for the day, we would really appreciate a donation of £1 per child to help raise monies for this worthy cause – All monies in a sealed envelope please – Thank you!

Seedlings and Beautiful Beans!

This a fantastic local, partnership that we are involved in and we would love to encourage all of our families and wider community to become involved too.



Please see lots of information and exciting ideas and activities on the poster attached and by visiting the PEAT South Lakes website and Facebook page to checkout more information about what they do and the project their involved with:

<https://peatsouthlakes.blogspot.com/p/seedlings.html>

<https://www.facebook.com/PEATSeedlings> <https://www.facebook.com/groups/peatseedlings>

Wider project registration:

<http://www.tinyurl.com/PEATSeedlings>

Finally, just a huge thank you to all of our parents, families and wider community for all of your support over the past year. We have a great community spirit and are looking forward to a bright future together hopefully, not that far away.

As always, take care and stay safe and, please remember, I can always be contacted directly on the confidential email address: schoolcontact@flookburgh.cumbria.sch.uk



Gill Pett
Headteacher

COVID-19 UPDATES AND INFORMATION

Current Cumbria County Council updates:

Parents and carers carrying out LFD testing at home

The Public Health team at Cumbria County Council have the following advice for parents:

- If your child has symptoms of COVID-19, please arrange for them to have a PCR test, which can be arranged via the link here: <https://www.gov.uk/get-coronavirus-test> or by calling 119. LFD tests are for asymptomatic testing (i.e. testing people who do not have symptoms) and should NOT be used to test individuals with symptoms.
- If your child is isolating because they have been identified as a close contact of a positive case, a negative LFD result will not change their isolation period. They still need to complete the isolation period advised (because they can develop symptoms, or test positive without showing symptoms, at any point during the isolation period).
- Please ensure ALL LFD test results are reported online at [gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result) or by telephone via 119. When reporting a result, please ensure you provide all the relevant personal contact details.
- If an LFD test is carried out on a child at home and shows a positive result, a follow-up PCR test needs to be completed as soon as possible (which can be booked here: <https://www.gov.uk/get-coronavirus-test> or by calling 119) and the household should isolate immediately. The child's school should be informed of the result, as they will need to identify any close contacts from the setting at this point and ask them to isolate.

- if the follow-up test result is positive, the household and other close contacts need to isolate for 10 days (day '1' is counted as the day following the LFT test). Please engage with track and trace services if they contact you and provide details of close contacts.

- if the follow up test result is negative the individual, their household members and other close contacts can end their isolation immediately.

Help available for those in need of support

'Ways to Welfare' from Cumbria County Council

The COVID-19 pandemic has affected people in lots of ways, and whilst Cumbrian communities have been fantastic at supporting each other, many people are finding they need a bit of extra help and support.

These webpages give you information about support available to people in Cumbria, online and on the phone.

Don't wait for problems to get worse, there are organisations that can help, and it's better to get advice sooner rather than later.

Further details and information can be found at: <https://www.cumbria.gov.uk/welfare/>

Current DfE Updates:

Free School Meal provision over the Easter Holidays

Schools do not need to provide lunch parcels or vouchers during the Easter holidays. The COVID Winter Grant Scheme is in place to support individuals, families and children with food and other essentials outside of term-time and will operate through the Easter holidays. This scheme, run by local authorities, operated successfully in the Christmas and February half-term holidays and ensures that families and children who require it, including those eligible for free school meals, can receive the support they need.

Further information on the provision of free school meals and the COVID Winter Grant Scheme can be found in our guidance on [providing school meals during the coronavirus \(COVID-19\) outbreak](#).

Contact Tracing over the Easter Holidays

'Staff, students, parents and carers only need to inform the school of a positive case where they developed symptoms within 48 hours of being in their education setting.

Where pupils, students or staff test positive for coronavirus (COVID-19) during the holidays, having developed symptoms more than 48 hours since being in an education setting, school is not required to take any action. Staff, students, parents and carers should follow contact tracing instructions provided by NHS Test and Trace.'

What this means for our school:

I shall remain as the 'Contact' for parents until Wednesday 7th April to report a positive coronavirus test. Please use the confidential contact email – schoolcontact@flookburgh.cumbria.sch.uk I shall check emails once per day between 5pm and 6pm.

Please be aware, where pupils or students need to self-isolate due to contact with a positive case during the holidays, school does not need to be informed about this until the first day of the Summer term.

Growing a sustainable future starts with a single seed ...

Seedlings

SOW | GROW | SHARE | REPEAT

We've got beautiful organic seeds to share and they're free! We'd love to encourage everyone to join us to sow, grow and share seedlings with friends & neighbours

... let's become the peninsula of home grown food

**All welcome: from new beginners to seasoned hands
see our website for lots of ways to get involved ...**



REGISTER to take part and receive free SEEDS/SEEDLINGS:

www.tinyurl.com/PEATseedlings

www.PEATSouthLakes.blogspot.com | PEATSeedlings@gmail.com

No internet access? - please call 015395 34124 to register your details

