



COVID-19 Update

On Monday 22nd November, our number of confirmed COVID-19 cases within a 10-day period passed the threshold on our Outbreak Management Plan. We therefore worked with Newcastle Public Health and have reinstated the following protective measures for at least the next **10 school days (5 remaining)**:

- Staff will be wearing face coverings in corridors and communal areas, including on the doors when greeting children in the morning.
- We will be limiting the mixing of children within school and therefore;
 - ✓ Children will be separated into 'bubbles' on the playground
 - ✓ Non-essential lunchtime and after school clubs will be paused (see below)
 - ✓ Children will remain with their own classes for lessons and assemblies
 - ✓ Assemblies will be virtual
 - ✓ Children attending Rainbow Wraparound will be separated into 'bubbles' and spaced out in a large, well-ventilated area
- Additional hand sanitising / hand washing for children throughout the school day.

We understand how disappointing these changes have been for our children and we hope that we will be able to remove these measures on Monday 6th December if our case rates have stabilised.

Thank you to all of our families for your continued understanding and support.

Mrs Lamb

EYFS Outdoor Provision

We are very excited to announce that on Thursday work started on our brand new EYFS outdoor provision. Below are some photos to give you a sneak peek of what we have to look forward to:



Don't worry KS1 and KS2 – we haven't forgotten about you! Our trim trail is also being repaired and resurfaced for you to use again during play times.



Christmas Events

Please see below provisional dates for Class Christmas Assemblies. We are restricting these events to two adults per family to limit the number of visitors on site. We will let you know nearer the time if these are able to go ahead depending on both the local and in school COVID infection rate. If events are able to go ahead, we will have the following measures in place:

- Do not attend if symptomatic or you feel unwell for any reason, including with other respiratory infections
- You must not attend if you have returned a positive LFD or PCR test.
- Take a lateral flow device test on the day of the visit and only attend if your result is negative
- Only two adults per child admitted
- A one way system with designated entry and exit points
- Wear a face covering unless exempt
- We will not be able to serve teas/coffees but you are welcome to bring your own in a lidded cup

Tuesday 14th December

Nursery: 9:15 arrival for a 9:30 start. 10:00 finish

Reception Miss Coughlan: 10:30 arrival for a 10:45 start. 11:15 finish

Reception Mrs McClurg: 2:15 arrival for a 2:30 start. 3:00 finish

Wednesday 15th December

Green Class: 9:15 arrival for a 9:30 start. 10:00 finish

Orange Class: 10:30 arrival for a 10:45 start. 11:15 finish

Yellow Class: 2:15 arrival for a 2:30 start. 3:00 finish

Thursday 16th December

Indigo Class: 9:15 arrival for a 9:30 start. 10:00 finish

Violet Class: 10:30 arrival for a 10:45 start. 11:15 finish

Blue Class: 2:15 arrival for a 2:30 start. 3:00 finish

Friday 17th December

Nursery: 9:15 arrival for a 9:30 start. 10:00 finish

*Nursery parents can only attend one of the two assemblies on the day their child usually attends. For those who attend on Monday and Fridays, please let Miss Gasper know your preferred date.

We are looking forward to our theatre trip on **Thursday 9th December** when children from Reception to Year 4 will be going to see Beauty and the Beast at The Exchange in North Shields. We have the whole downstairs of the theatre booked out and children will be seated in their Key Stages. If you haven't done so already, please contribute and give consent via Parent Pay. Thank you to all of those who have volunteered to help out on the day - we will be in touch soon to confirm arrangements.

Christmas Dinner day will be on **Wednesday 15th December**. Children can wear Christmas jumpers, hats and headbands on this day. If your child does not usually have a hot meal, but you would like your child to have a school Christmas Dinner on this day, please let the office know by Tuesday 30th November so that the cook can place orders.

Santa Dash Daily Mile on **Wednesday 15th December** children will already be wearing their Christmas Jumpers and we also invite them to wear trainers and Santa hats for a festive-themed mile run to work up a big appetite for Christmas Dinner.

Christmas parties will be held during the school day for all children on **Friday 17th December**. Children can come to school in party clothes (please remember appropriate footwear and outerwear for playtimes and lunchtime)



Huge thanks to our wonderful PTFA who have been working hard behind the scenes to arrange some festive events and surprises for the children.

Please see further information below for details and keep an eye out on parent pay for details of permission and how to book/order.

Dates for your diary:

Christmas Movie Nights

- Monday 6th December KS2 3:00–4:30pm
- Tuesday 7th December KS1 3:00–4:30pm
- Wednesday 8th December Reception 3:00 – 4:30pm

If our Covid-19 measures are still in place, movie nights can still take place as your child can remain with their classmates in their usual classroom.

Emergency Christmas Eve Bags

We are now taking orders via ParentPay for our exciting Christmas Eve Bags including everything you need for some festive family fun this Christmas! (See below)

Diwali Dance Workshops

This week, all of our KS1 and KS2 classes enjoyed a fantastic dance workshop based on the story of Diwali. What a fun and memorable way to learn about the festival of lights!

Mrs Easdon



Clubs Update

We are sorry that our extra-curricular clubs have had to be paused for at least 10 school days (Monday 22nd November - Friday 3rd December)

Please see below for more information from our external club providers:

French Club – Madam Baldasera will honour any sessions lost due to our Covid-19 measures. She will be in touch to arrange these dates soon.

Mr H Outdoor Adventures – Mr H will honour any sessions lost due to our Covid-19 measures. He will be back to complete the missed sessions in January!

Football Club (Graeme) – Graeme will be back as soon as possible and will honour all missed sessions for children who want to continue with football club. If your child does not want to continue in January then let Graeme know and he can arrange refunds for missed sessions.

Handball Club (Marlen) – Marlen bids us farewell for now. She will be back after February half term when the weather is a bit warmer! All of her current club members have been emailed about a refund for this week's sessions.

Marlen would love to see some new Gosforth Park faces at Newcastle Viking Benfield Minis (Under 7s) or Juniors (Under 10s)

<http://newcastlehandball.co.uk/junior/>

Newcastle Vikings
Handball Club Est. 2012



When it comes to pudding or dessert, it can be a bit of an after-thought and it's easy to open a packet to get a quick sweet treat. Healthy puds can be quick to prepare and are a great way to get the kids involved in helping out with mealtimes, as well as learning the importance of healthy food. There are plenty of healthy dessert ideas online which can even help to hit our 5 a day. Find out more at:

<https://www.nhs.uk/change4life/recipes/pudding>
and <https://www.countryliving.com/food-drinks/q1331/healthy-desserts/>

Mrs Wells

Think COVID First

Please remember not to attend school if your child had COVID symptoms or feeling unwell for any reason. Whilst the key symptoms of COVID remain a new continuous cough, or a loss of sense of taste or smell or a high temperature, these symptoms do not always present in each case, so it remains important to take a 'Think COVID first' approach at all times. Please follow basic infection, prevention and control practice: Do not attend the school/workplace if unwell, particularly with respiratory symptoms, even if a negative PCR test result is returned. Many respiratory conditions are infectious.

Lip Balm

Our lovely Mrs Wilson would like to remind everyone that lip balms are allowed in school but only when parents have filled in a medical form at the office.



Wow **Orange class**, you have really high scores this week – how wonderful!

Sahib Singh Dhaliwal, Magnus Goulty and **Ella Sinclair** are our three highest scorers – excellent work all of you!



Amazing work from **Alexander Tucker, Oliver Fagandini, Magnus Goulty** and **Kunal Arora**. Well done for being our Rockstars of the week!



Our Oxford Reading Buddies this week are **Matthew Cross** and **Brooke Higgins** in Reception. Great to see so many Reception children logging on and enjoying lots of lovely books. Keep it up!

Attendance

Our class of the week this week with **98.2%** attendance is **Reception SC**. Our whole school attendance for the week is **88.5%**

Please remember that we are unable to authorise any holiday absences.

Updated COVID Guidance

When to self-isolate

Self-isolate straight away and get a [PCR test \(a test that is sent to the lab\) on GOV.UK](#) as soon as possible if you have any of these 3 symptoms of COVID-19, even if they are mild:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

You should also self-isolate straight away if:

- you've tested positive for COVID-19 – this means you have the virus
- someone you live with has symptoms or tested positive (unless you are not required to self-isolate – check below if this applies to you)
- you've been told to self-isolate following contact with someone who tested positive – [find out what to do if you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app](#)

Information:

You may need to quarantine when you arrive in England from abroad. [Check the quarantine rules when entering England on GOV.UK](#)

When you do not need to self-isolate

If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19, you will not need to self-isolate if any of the following apply:

- you're fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS
- you're under 18 years, 6 months old
- you're taking part or have taken part in a COVID-19 vaccine trial
- you're not able to get vaccinated for medical reasons

Even if you do not have symptoms, you should still:

- get a [PCR test on GOV.UK](#) to check if you have COVID-19
- follow advice on [how to avoid catching and spreading COVID-19](#)
- consider limiting contact with [people who are at higher risk from COVID-19](#)

Tell people you've been in close contact with that you have symptoms

Tell people you've been in close contact with in the past 48 hours that you might have COVID-19.

You should tell them to follow advice on [how to avoid catching and spreading COVID-19](#).

They do not need to self-isolate unless they're contacted by the NHS Test and Trace service.

If they get any symptoms of COVID-19, they should self-isolate and get a test as soon as possible.

How to self-isolate

You must not leave your home if you're self-isolating.

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one
-

How long to self-isolate

If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you did not have symptoms) and the next 10 full days.

You may need to self-isolate for longer if you get symptoms while self-isolating or your symptoms do not go away.

TESCO Bags of Help
presents



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