



Be COVID Aware

Do not come onto school site if you have any Coronavirus symptoms, & get tested. Maintain social distancing at all times. The symptoms are:

- High temperature
- New, continuous cough
- Loss of or change to sense of smell or taste

Newsletter

19th November, 2021

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Be kind to one another,
tender-hearted, forgiving
each other, just as God in
Christ also has forgiven you.

-Ephesians 4:32



Friendship Weeks began with Odd Socks Day—to celebrate and embrace all our differences which add flavour to our school family and make us our wonderful, unique selves. Throughout the week, children have been thinking and talking about all things friendship related, following the theme of One Kind Word. Staff have also enjoyed the week, sharing kindnesses with each other and remembering all the little things we love about our colleagues. We have a very kind and loving school family here, but it's always good to refresh our values and spend time remembering the things which make this school so special.

Children also enjoyed their Science Days this week, using science skills to make improvements to our local environments—you may have noticed some new bird feeders reusing plastic bottles around the school site, courtesy of Year 2. Children in Year 4 worked to create ways to collect rain water. Year 6 focused on the problems created by the melting of the polar ice caps, Year 3 have been studying plants and are considering ways to encourage more bees into the environment to help with pollination (working in areas which are not near the playground!). Children have been inspired by the recent COP26 event and have been invited to make their own personal pledges to make changes which will help our world. A lovely example of this was shared with us by Jack, who had seen Seif picking up some litter outside of school and putting it in the bin—a small act which makes a huge difference!

It's been a bit of a busy week as it was also Road Safety week. We have taken this opportunity to remind children about the rules when crossing the roads, and the need to be particularly careful at this time of year when it is dark much earlier in the evenings. Please do reiterate these rules with your children at home, and check that their coats/shoes etc have some sort of reflective material on them. I am aware that once again a delivery lorry chose to park on the zig zag lines in front of the school; we have already made Caterlink aware that we are not able to accept any deliveries before 9.00 because of the busyness of children arriving at school and I have reiterated this again this week. I am really very grateful to the parents who spoke with the driver about the dangers of parking on the lines and I will be following this up elsewhere. Please continue to do all you do to help keep all our children as safe as possible on and near the roads.

As always, we wish you all a peaceful and restful weekend,

Maria & all the team at St James'



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



**National
Online
Safety**

#WakeUpWednesday



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.11.2021

Upcoming Dates

Mon 22nd Nov	Art Day—theme of collage
Fri 26th Nov	2.00 Robins Class Assembly—via Zoom
Thurs 2nd Dec	Y5/6 Sports Hall Athletics
Fri 3rd Dec	Christmas decoration morning—sadly this will not include parents this year 2.00 Y1 Class Assembly—via Zoom
Tues 7th Dec	Vision Screening Robins Class (School Nursing Team)
Fri 10th Dec	Christmas Jumper Day
Tues 14th Dec	Christmas Lunch
Weds 15th Dec	PSA Christmas Bazaar Christmas Show 5.00pm Robins, Whinchats, Canaries - we will not be able to have a family audience this year, so are looking at other options
Thurs 16th Dec	2.00pm Christmas Service—led by Years 4 & 5—virtual, via Teams or Zoom TBC
Fri 17th Dec	End of term 1.30pm

All dates and activities are subject to change due to the emerging COVID situation—we will always tell you as soon as we know/have made decisions.



Christmas Jumper Day will take place on **Friday 10th December**.

It is a fundraising event held each year. Children (and adults!) may wear a Christmas jumper and donate to Save the Children.

As much as possible, we'd love to see home-made, reused or recycled jumpers rather than buying new ones.

Try one of these ideas:

- Borrow one from a friend/family member.
- Decorate an old jumper to make it extra festive!
- Visit a charity shop and buy a pre-loved jumper

Alternatively....

This year, be more creative than ever and make an everyday jumper into a Christmas jumper for Christmas Jumper Day!

- Find a plain jumper at home
- Plan your Christmas jumper design and have fun!

If you cannot sew, do not let that stop you from joining in. Try these ideas: Cut out a snowflake from paper or white fabric and attach it to your jumper using a safety pin, or

Cut out a Christmas present shape out of felt. Tie some ribbon onto it and attach to your jumper with a safety pin. Attach baubles or tinsel.

We cannot wait to see your chosen jumpers on 10th December!

Mrs Corby

COVID

Please remember that if your child shows any COVID symptoms you must keep them at home and arrange for them to take a PCR test. Please also be aware of the minor symptoms. If you are in any doubt, please keep your child away from school. If your child displays any of the listed COVID symptoms, we will isolate them from others and contact you to arrange collection.

We will provide remote learning activities for children who are at home due to COVID and are well enough to learn. There will also be times when, due to teacher illness and absence, we will not be able to monitor or provide remote learning or run Teams sessions. Please be aware that teachers do not have the capacity to provide remote learning for any other circumstances, including leaves of absence.

The BBC has reported that the number of COVID cases is now highest in younger children ([Covid cases highest in younger children in England - BBC News](#)) so we now need to be even more careful and cautious. **Thank you** so much for all of you who exercise caution and for keeping your children at home if they are showing any symptoms of COVID, your actions are really helping to keep down transmission of the virus.

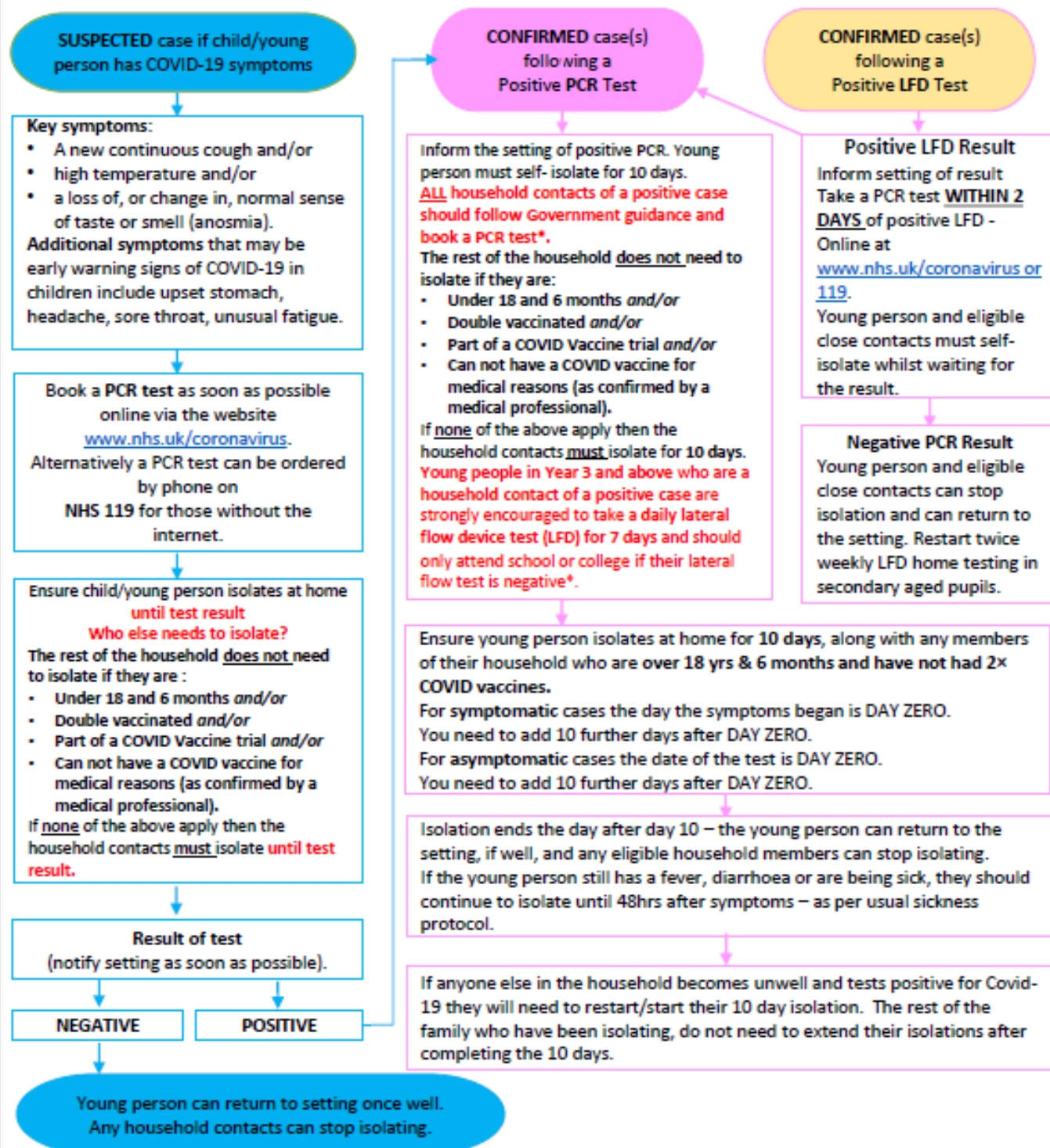
We have already implemented measures to restrict transmission, and the Local Health team have asked schools to continue with these measures for the time being. In addition, the advice has been further strengthened:

I strongly advised that students in Year 3 and above and staff who are household contacts of a positive case and are exempt from isolation (because they are under 18 or are fully vaccinated) should take a daily lateral flow test for 7 days and should only attend their setting if their lateral flow test is negative. This advice remains in place and I would also encourage families with younger children (i.e. below Year 3) to follow this advice if they feel able to do so, to help prevent onward transmission within their setting. (Vicky Head, Director of Public Health, letter to schools 17th November 2021)

Symptom	Coronavirus <i>Symptoms can range from mild to severe</i>	Cold <i>Gradual onset of symptoms</i>	Flu <i>Abrupt onset of symptoms</i>
Fever	COMMON	RARE	COMMON
Fatigue	SOMETIMES	SOMETIMES	COMMON
Cough	COMMON	MILD	COMMON
Loss of taste/smell	COMMON	SOMETIMES	SOMETIMES
Sneezing	NO	COMMON	NO
Aches & pains	SOMETIMES	COMMON	COMMON
Runny or stuff nose	RARE	COMMON	SOMETIMES
Sore throat	SOMETIMES	COMMON	SOMETIMES
Diarrhoea	RARE	NO	SOMETIMES FOR CHILDREN
Headache	SOMETIMES	RARE	COMMON
Shortness of breath	SOMETIMES	NO	NO

COVID-19 Guidance for Parents/Carers in Bedford Borough Education Settings From 1st Nov 2021

For any **SUSPECTED** or **CONFIRMED** case of COVID-19 in a young person please follow the flow chart below.



- Mask should be worn by young people in Year 7 and above (Year 5 and above in Middle Schools) in all communal areas outside the classroom, and on school and public transport.
- *If you have recently (within 90 days) had a positive PCR test for COVID-19 you are exempt from testing by both PCR and LFD within 90 days of a positive PCR test result, unless you develop new symptoms.
- LFD tests are used for identifying Covid-19 infection where there are no symptoms and should not be used if you have any symptoms.
- If you have had a COVID-19 vaccination you should still take part in the LFD testing as you may still transmit the virus.

Parentline

A confidential text messaging advice and support line for
Bedfordshire parents and carers of children aged 0-19.

Text: 07507 331456

Parenting advice and support Sleep Continence

Immunisations Mental health Minor illness

Speech Behaviour Temper tantrums

Infant feeding Diet & exercise

Child development Parenting

and much, much more....



We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we've received your text. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To find out what we do with your information, please internet search: "NHS CCS privacy notice" or use this link [bitly/nhsprivacynotice](https://www.nhs.uk/privacy-notice). Prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust



St James' PSA News



AGM Update

We held the AGM on the 10th November via Zoom. The positions of Chair Person and Communications Manager are currently vacant so if you would like to help out please contact Fiona Mitchell or Sarah Morton for more information.

Chair –

Treasurer – Alyson Batty

Secretary – Fiona Mitchell

Fundraising Manager – Julayne Scarlett

Communications Manager –

Staff Contact – Sarah Morton

Dates for your diary

- Online Christmas Auction all this week, finishes at 7pm, Sunday 21st November
<https://www.jumblebee.co.uk/xmasauction2021>
- Christmas Wreath Making Workshop 25th November, 7pm-9.30pm Biddenham Village Hall, only a few spaces remaining, please contact Yo Higton for more details.
- Children's Christmas Cards 30th November ordering deadline. The free delivery offer has passed but you can still order before the 30th November for delivery straight to your home for £3.50.
- Christmas Jumper Day 10th December, we have lots of pre-loved children's Christmas jumpers in our online shop <https://st-james-school-parents-association.sumup.link/products> If you have any jumpers to donate please hand them into the office.
- **PSA meet-up** tbc

Other News

- **Second Hand Uniform Shop** we have lots of very good quality second hand (and some brand new) uniform. Please contact Fiona Mitchell via Classlist or Dawn in the office if you need anything in particular, or if you have any uniform to donate please hand it in to the office. And, if you would like to help run the second hand uniform shop, please contact Fiona. Thank you!

Don't forget...

- Easy Fundraising Raise money by shopping online through www.easyfundraising.org
- Stikins Use School fundraising number: 19770 at www.stikins.co.uk to raise funds.
- Stampastic Use PTA code: MK40 4BD at www.stampastic.co.uk to raise funds.
- Cash4Coins Any unused or obsolete foreign coins, or out of date UK currency, can be handed into the office and we can turn it into cash for the school.

Keep in touch...



Sign up to classlist to keep up to date with all the PSA news and connect with other parents. Register at: www.classlist.com



Follow our facebook page "Friends of St James' Primary School Biddenham"