



# Fellgate Primary School

Volume 22, Friday 4th March 2022

Dear Children, Parents, Carers and Governors,



At school this week we talked about how important it is to look after your brain. We found out how you can look after your brain. Some children in school have been reading every night, practicing their spellings every night as this develops their brain muscle. I have been standing on my left leg whilst brushing my teeth to develop my brain muscle. Well done to all of our stars of the week.

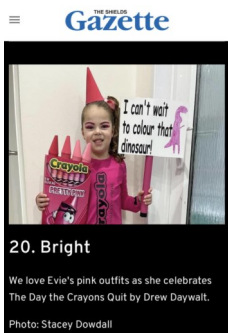
Dates for your diary ...

**Friday 11th March:** 9-10am.

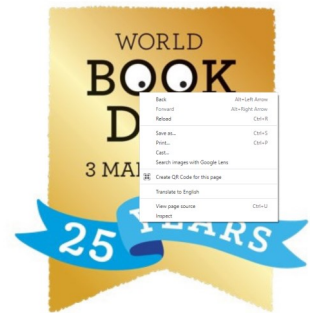
Coffee Morning for parents with children with additional needs

**Friday 18th March:** 9-10am.

Coffee Morning for all



World Book Day 2022. All our costumes were amazing—well done everyone! A special mention to Evie whose photo was posted in the Gazette for her costume! Thank you all for the book donations for the book swap which took place on Friday afternoon. Our children absolutely loved it and everyone came home with a new book.



School continues to work closely with South Tyneside's public health team as there have been a number of confirmed cases. School remains open and pupils should attend as normal but we ask you to monitor your child's health for the main signs of Covid.

- A new continuous cough
- A high temperature
- A loss or change in their sense of smell or taste

If your child becomes symptomatic, please: keep your child away from school; book a PCR Test for your child as soon as possible and report the result to school. I have attached further guidance at the end of the newsletter.

**Have a great weekend everyone and stay safe! Mrs Tones**

**Get up! Get in! Get on!**

Lemons-88%	Oranges – 100%	Cherries- 100%	Apples—98%	Blueberries— 98%	Plums-98%
Acorns-93%	Hawthorns- 100%	Chestnuts- 89%	Willows-97%	Sycamores- 92%	Oaks-100%

Together Everyone Achieves More

Contact us **Tel: 0191 489 4801** Email: info@fellate.s-tyneside.sch.uk [www.fellgateprimary.sch.uk](http://www.fellgateprimary.sch.uk)



## Our Fellgate Stars of the Week are ...

**Lemons:** **Aria C**, she has demonstrated great attention and focus whilst completing work tasks

**Oranges:** **Frankie M** for trying really hard to blend words with our new 'ee' sound. Well done Frankie!

**Cherries:** **Cole C** for persevering with his work this week and some fantastic and quick answers in a world book day quiz

**Apples:** **Rebecca H-N** for absolutely fantastic independent work this week

**Blueberries:** **Max M** for doing really well with his maths work this week, acknowledging when he has learned something new and putting his skills into practice

**Plums:** **Aiden L** for continuing to manage his own behavior in a positive way

**Acorns:** **Abigail C** for improving her brain power by always pushing herself to go the extra mile, and take on a challenge.

**Hawthorns:** **Beaux W** for her amazing attitude and focus towards her learning this week

**Willows:** **Viktor J** for always ensuring that his brain is kept busy!

**Chestnuts:** **Ellie-May H** for opening up and speaking up about things that are bothering her and also listening carefully to the concerns and worries of others

**Sycamores:** **Chester L** for coming back after half term with a really positive attitude, ready to work

**Oaks:** **Madison C** for always working hard, challenging herself and improving in all subjects

### Our Vision

At Fellgate Primary School, through an ethos of respect, challenge and resilience, we aspire to create an inclusive, safe, vibrant, happy school where each member of the school community - children, parents, carers, staff and governors - feels valued and are encouraged to be the best they can be.

We celebrate individuality, striving for everyone to reach their full potential and "shine" in everything they do.

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Dear Parents and Carers

Following the Government's announcement last week about living with COVID-19 please see the following information.

If you develop the main symptoms of COVID-19 you should order a PCR test. You are advised to stay at home and avoid contact with other people while you are waiting for the test result.

Children and young people with COVID-19 should not attend their education setting while they are infectious. They should take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these tests results are negative, they should return to their educational setting if they normally attend one, as long as they feel well enough to do so and do not have a temperature. They should follow the guidance for their educational setting.

Day 0 - The day your symptoms started or the day you took the test if you have no symptoms

Day 1 - 4 Stay at home

Day 5 Take a LFD

If LFD is negative stay at home

If LFD is positive stay at home

Day 6 Take a LFD

If LFD is negative continue with normal routine

If LFD is positive stay at home

While you are infectious there is a high risk of passing on COVID-19 to others in your household. These are simple things you can do to help prevent the spread:

1. keep your distance from other people you live with and spend as little time as possible in shared areas such as kitchens and living rooms. This is particularly important if someone you live with is unvaccinated or at higher risk of becoming seriously unwell from COVID-19, especially those with a severely weakened immune system

2. if you need to spend time in shared areas wear a well-fitting face covering made with multiple layers or a surgical face mask. Ventilate the room by opening windows and leaving them open for at least 10 minutes after you have left the room. Leave extractor fans running for longer than usual with the door closed after use

3. cover your mouth and nose with disposable tissues when you cough or sneeze. Dispose of tissues into a rubbish bag and immediately wash your hands or use hand sanitiser

4. wash your hands frequently with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing and blowing your nose and before you eat or handle food. Avoid touching your face  
|

5. if you can, use a separate bathroom from the rest of the household. If this is not possible try and use the bathroom after everyone else

6. regularly clean frequently touched surfaces, such as door handles and remote controls, and shared areas such as kitchens and bathrooms.

I will send out further information as I receive it. If you have any further questions please don't hesitate to ask. Stay safe everyone

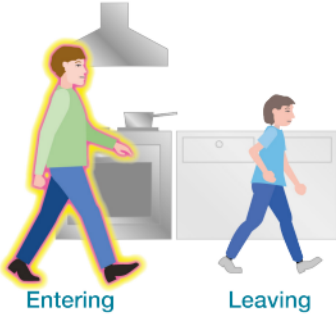
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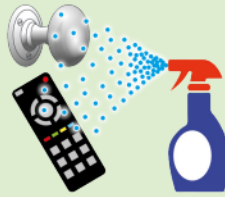
# How to reduce the spread of infection with the people you live with if you have COVID-19.

If you have COVID-19, there is a high risk that others in your household will catch it from you. There are several things you can do to reduce the spread of infection in your household.

- 1** Limit close contact with others. Spend as little time as possible in communal areas.



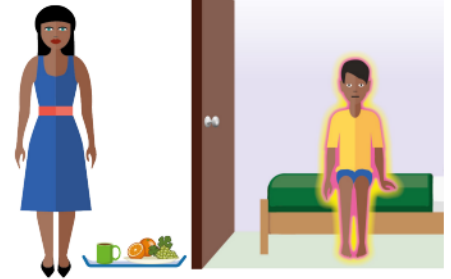
- 2** Regularly clean frequently touched surfaces and shared rooms like kitchens and bathrooms.



- 3** Wash your hands regularly using soap and water, particularly after coughing and sneezing.



- 4** Get help where possible from those you live with. Ask for help with cleaning and being brought food safely to avoid unnecessary contact.



- 5** Use a face covering if you need to spend time in shared spaces.



- 6** Keep rooms well ventilated.



- 7** Catch coughs and sneezes in disposable tissues and put them straight in the bin.



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