

Cantrell Primary School Newsletter 21st January 2022

CORONAVIRUS UPDATE. Self-isolation changes to rules from Monday 17th January. If your child, or someone in your household, develops symptoms then *you must self-isolate and seek a PCR test* bookable at <https://www.gov.uk/get-coronavirus-test>, or call **119**. Officially the self-isolation period remains at 10 days. However, the Government have announced that, from Monday 17 January, people who test positive will be able to leave self-isolation after five full days, subject to the following provisions:

- The day symptoms begin, or people first test positive, is day zero
- The next day is day one of their isolation period
- A lateral flow test can be taken on day five
- If the result is negative, a further test can be taken at least 24 hours later, on day six. Assuming this is also negative, and they do not have a temperature, they can leave isolation
- The same rules apply whether people are vaccinated or not.

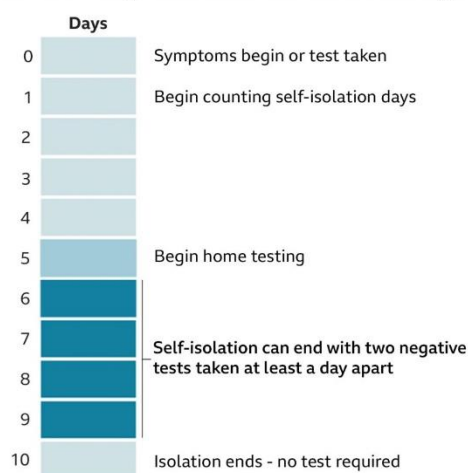
A reminder that if you have one or more of these symptoms then **you should not rely on Lateral Flow Device for a test result – you need to book a PCR test.** The three main symptoms are:

- A high temperature
- A new, continuous cough
- You've lost your sense of smell or taste or it's changed.

There are local walk-through test sites at Duke Street car park in Bulwell (behind Iceland) and Southglade Leisure Centre.

5 day isolation rule. Please see the graphic for an explanation of the latest guidance on testing for Covid-19. A lateral flow test can be taken on day 5 and day 6. If both tests are negative and you have no temperature or other symptoms, isolation can end.

How five-day isolation rule works in England



Source: NHS

BBC

LOCAL COVID VACCINATION SITE. There are now two vaccination sites within Bulwell Riverside. On the ground floor, the Riverside Pharmacy is offering both booked and walk in appointments for people aged 18 and over Monday - Sunday 9am - 7pm. On the first floor, Leen View surgery is offering booked appointments to anyone aged 16 and over but young people aged 12 – 15 years can just walk in. This is not just for people who are patients at the surgery. Their vaccination times are 9am - 6pm during this week and 8am - 7pm on Saturday and Sunday. You can book an appointment for either site on <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>. Just put in the postcode NG6 8QJ and select the site you wish to book at. There are slots available now. If you are attending the Leen View surgery site, just go straight to the first floor as the vaccination queue downstairs is just for the Riverside Pharmacy site.

POPPY APPEAL. Many thanks for your contributions last November. We raised **£161.23**.

EAT THE RAINBOW! Please see the letter overleaf from Nottingham Catering about school dinners. We will be taking part with Red week on 1st and 2nd February, Green week on 8th and 9th February, Orange week on 22nd and 23rd February. Look out for a new school dinner menu after the half term break.

***** COMMUNITY NEWS *****

TüVida Nottinghamshire Carers Hub. Offering support for parent carers of Children and Young People with Disabilities and Additional Needs. **The Carers Hub can offer:**

- * Information, advice & guidance
- * Support from Parent Carer lead and Mental Health lead
- * Carer Support Groups
- * Access to breaks
- * Young Carers Support Groups in Nottinghamshire
- * Listening and emotional support
- * Carer drop-in sessions
- * Social activities and outings
- * Access to Respite Services for over 18's
- * Evening support calls to working carers

Virtual Support Group via Zoom. Parent Carer Support Group Thursday 27 January 2022 7pm - 8pm; Thursday 17 February 2022 10:30am - 11:30am; Thursday 24 March 2022 7pm - 8pm. Come and join us for information & advice on • SEND support at school & college • Transition to adulthood • Support with mental health • Exclusions • EHC plans • Parent Carer Support Groups. To register as a parent carer or to book on please contact: Nottinghamshire Carers Hub @ Tuvida 0115 824 8824, nottinghamshirehub@tuvida.org.

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January 2022

Dear Parents

Eat the Rainbow!

We have a colourful Eat the Rainbow campaign this term to encourage children to eat more fruit and vegetables!

Children can collect coloured dot stickers to complete their Eat the Rainbow postcard (as pictured) to be in for a chance of winning a prize!

If your children don't currently have school meals please sign up for school meals to take part in the fun!

Children write their name, class and school on the back of their Eat the Rainbow postcard and will keep their postcard at school for the duration of the campaign.

Children will get a red dot sticker for eating red fruit or veg, such as, tomatoes, red grapes, red peppers. A green dot sticker for eating green fruit or veg. And an orange dot sticker for eating orange or yellow fruit or veg.

The campaign will run for three weeks as set by our Catering Teams, and they may space the weeks out over this term. At the end of the campaign children's completed Rainbow cards will be put into a hat as we draw the prize winners!

We hope the children have fun collecting the stickers and eating lots of colourful fruit and veg!

Follow us at <https://www.facebook.com/eatculturenotts> or <https://twitter.com/EatCultureNotts> for our latest news.

Best regards

Nottingham Catering

Nottingham Catering
Nottingham City Council

