

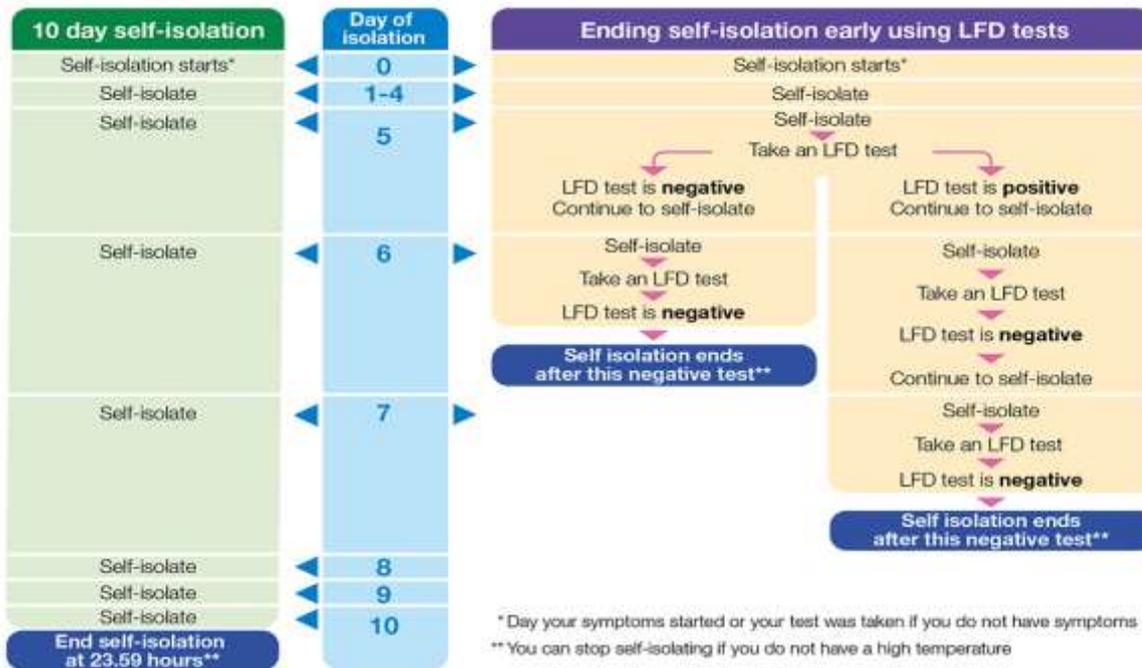
Cantrell Primary School Newsletter 28th January 2022

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 **at the end of day six**
- 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 below 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 **at the end of day six.**



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. **Chinese New Year.** This falls on **Tuesday 1st February** this year and kitchen staff will prepare a special menu: Sweet & Sour Pork Sausage (red); Quorn Chop Stick Chow Mein (green); Hong Kong Chicken Wrap (yellow); Great Wall of China Rice; Kung Fu Green Beans; Martial Arts Carrots; Mango ice cream with Cookie; Fresh Fruit Salad.

YEAR 1 SUPERHERO DAY. As part of our topic this half term, children in classes 1A and 1B are having a superhero day on **Monday 7th February!** We will be doing lots of exciting superhero activities and your child can come to school dressed as a superhero. This can be a fictional superhero e.g. Black Panther; Super Girl; Iron Man, or a real-life hero e.g. police officer; fire fighter; nurse. If you do not have anything for your child to wear, we have some costumes in school and we will be making things that they can wear too, so you can just send your child to school in non-uniform.

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

Light Night 2022. Friday 4 and Saturday 5 February 2022. Nottingham City Centre from 6pm until late. FREE. Light Night returns to the 'Rebel City'. Nottingham Light Night 2022 is confirmed as the event returns for its fourteenth year. A number of innovative, interactive and engaging light-based installations, performances and activities will take place right across the city. The event will again take place over two nights as it did for the first time in 2020 and will follow the theme '**Rebel City**'. This wide-ranging theme looks to explore Nottingham's heritage as a hotbed of rebellion over the centuries and the way the city looks to do things differently to this very day.

Nottingham Catering
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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

