

# Cantrell Primary School Newsletter 29<sup>th</sup> January 2021



**Free School Meals.** An electronic voucher will be issued to all parents in receipt of income based free school meals to cover the period 1<sup>st</sup> – 12<sup>th</sup> February. We will send an individual e-code to the email address we have for you by Wednesday 3<sup>rd</sup> February. If your child is attending school during this lockdown period, a voucher will not be issued.

**Message from Nottingham City Catering - lockdown lunches and meal plans.** Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week <https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>. We're pleased to announce that **Farmfoods** will soon be available on the national voucher scheme for parents and carers to redeem their eCodes. This will add even more choice and flexibility for families when selecting their eGift cards. We continue to work with other grocery chains to develop these options further.

**Keeping safe from Covid, a message from City Council Leader, Cllr David Mellen.** "We're now starting our fourth week of national lockdown restrictions for Covid-19 and I never take for granted how difficult this is for our citizens – especially during the cold and dark winter months. The number of cases of the virus continues to fall in the city, so it is clear that the current restrictions are having an impact. While it is important that we continue to stay at home to stop the spread of the virus, we now have two important actions that we can take to help us on the path out of this pandemic:

**Vaccinations:** We urgently need people who are eligible for the Covid-19 vaccination to get booked in for their jab as soon as possible. Protecting our older and more vulnerable population will be a big step towards keeping our citizens safe. Bookings are now being taken for people aged over 75. We have a range of vaccination sites in the city and nearby:

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| a) The Forest Recreation Ground        | d) Nottingham City Hospital                       |
| b) King's Meadow Campus on Lenton Lane | e) Queen's Medical Centre                         |
| c) Richard Herrod Leisure (in Carlton) | f) Gamston Community Centre (near West Bridgford) |

Please help with this: if you know someone who is aged over 75 who lives in the city, please get them booked in via the [online booking link](#) or by calling 0115 883 4640. We expect this to be extended to the over-70s later in the week. **Could you have Covid and not know about it?** We know that one in three people who have the virus have no symptoms and could be inadvertently spreading it to their family. This is why we have set up a special testing centre at Djanogly Community Leisure Centre so people in the city can access a free and rapid test. By getting a regular test we can better protect our families and our work colleagues. If you live or work in the city, you can visit the Asymptomatic Testing Centre, Monday – Friday from 9:30am to 6:30pm and Saturday from 9:30am to 2:30pm. Please note that the service is closed on Sundays. There is no need to book – just drop in for a free test. Find out more here: <https://www.nottinghamcity.gov.uk/asymptomatictesting>."

**Cantrell Staff.** In light of the above, this week we are introducing Lateral Flow Testing (LFT) to our staff. This means that individuals who have no symptoms will test themselves twice a week to check for the virus. The aim of LFT is to reduce transmission and therefore help to stop the spread of the disease. Therefore, if a staff member of a bubble tests positive on a test taken at home, the bubble will close temporarily whilst a PCR test (the main Covid-19 test) is booked. We will be in contact on a Sunday evening/Monday morning and a Wednesday evening/Thursday morning if we have a positive case.

Please remember...

- **Hands** – wash your hands regularly and for at least 20 seconds
- **Face** – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet
- **Space** – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings).

Thank you all for your continued help and support at this difficult time.