

Cantrell Primary School Newsletter 4th February 2022

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.

FOREST SCHOOL FOR NURSERY. This will start on **Tuesday 22nd February** for children in main nursery. Warm waterproof outdoor kit is required, please see the letter sent out earlier this week for more information. Outdoor clothing is available to order here: <https://www.schooltrends.co.uk/outerwear/outerwear-227>

ABSENCES. Could we ask parents not to use ClassDojo to report a child's absence. These should be reported by telephone or email to the school office, 0115 9155770 or admin@cantrell.nottingham.sch.uk, thank you.

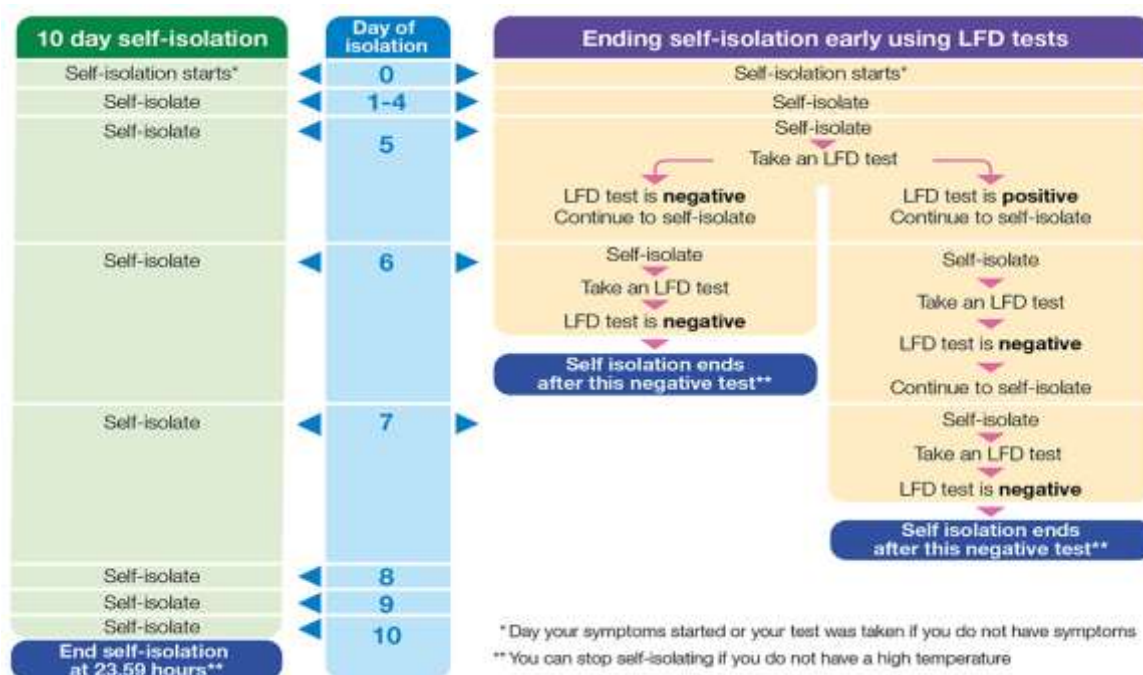
CORONAVIRUS UPDATE. No changes, please follow guidance as described. If your child, or someone in your household, develops symptoms then *you must self-isolate and seek a PCR test* bookable at <https://www.gov.uk/get-coronavirus-test>, or call **119**. Officially the self-isolation period remains at 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.**



IMPORTANT SAFEGUARDING INFORMATION: TIKTOK. Serious concerns have been raised this week about children using the Tik Tok app on their telephones or devices. It is important to remind you that children need to be **13 years old** or above and that the app allows children to participate in live chats in chatrooms where the children do not know who they are chatting with. Please read the advice on this link from www.saferinternet.org.uk about the app.

***** **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'. A number of innovative, interactive and engaging light-based installations, performances and activities will take place right across the city. Light Night returns to the 'Rebel City' on Friday so, start planning your night to ensure you don't miss out on some of the amazing event installations and family-friendly fun. There are activities in all the main city areas and most of these are for both evenings - it's best to check by downloading the event app or checking out the printed event guide*. There are also travel tips and offers; and listings for shopping, food, and drink. **Nottingham Tourism Centre** will also be open until 7:30pm on both nights for up to date information on Light Night, to collect an event map, or get help to download the official event app. You can also donate to future Light Night community-led installations. Plus, the **Light Night Market** will be on Long Row/Smithy Row 10am-10pm featuring a hand-picked selection of Nottingham's best street food and independent traders. The best way to plan your evening is to download the app. There is a free download for either Apple or Android. Also included is a chance to play with AR (Augmented Reality) and get a pic with the Council House's left lion - Leo. The app lists activities by day and time but you can also filter by categories. An interactive map will also point you in the direction of activities and installations near you and you can give feedback on what you've seen.

Junior Bake Off. Applications have recently opened for the 8th series of **Junior Bake Off**; a Channel 4 programme that celebrates the culinary talent and ambition of the younger generation in Britain. They are looking for young budding bakers between **9-12 years old**. Filming would take place from July 2022, but **applications close on Sunday 13th March 2022**. Interested bakers can apply online at www.applyforjuniorbakeoff.co.uk.

Free course on getting back into work at Crabtree Community centre. Need a refresh? Want to increase your opportunities? Do you live in Nottingham City and are aged 19 or over? On Wednesday February 9th, 23rd, March 2nd and 9th at the Crabtree Farm Community Centre, Crabtree Farm Estate, Steadfold Close, Bulwell NG6 8AX, 9:30am-12pm. A free course delivered in small groups over 5 sessions where you will:

- ◆ Create or develop your CV
- ◆ Improve your interview techniques
- ◆ Look at how to improve your opportunities
- ◆ Better understand your finances

Book your place now by calling Lindsay on 07990 041108 or email lindsay@rtse.co.uk or speak to Marie at the Centre.

Light Night Sutton-in-Ashfield. Friday 11th – Saturday 12th February, 5:30 – 9pm, Sutton-in-Ashfield town centre. At venues across town including Idlewells; Portland Square; Sutton Community Academy; Sutton Market car park North (next to Costa); and Regency Dance Centre. See website for more details https://firststart.org.uk/whats_on/lightnightashfield/.