

# Cantrell Primary School Newsletter 5<sup>th</sup> February 2021



**INSET DAY REMINDER.** Our final two INSET days are on **Monday 22<sup>nd</sup> February** and **Monday 7<sup>th</sup> June**. School will be closed to children on these days. Last day this half term is Friday 12<sup>th</sup> February. Enjoy the break! We do not expect children to complete school work during half term.

**HOME LEARNING PACKS FOR WEEK COMMENCING 23<sup>rd</sup> FEBRUARY.** These will be available to collect from Friday 12<sup>th</sup> February, 1-3pm, or Tuesday 23<sup>rd</sup> February 10am – 12noon and 1 – 3pm.

**COVID WINTER GRANT SCHEME.** The Winter Grant Scheme is now open to Nottingham City residents in receipt of Council Tax Support, with or without children. With rising food costs, we hope this extra support will ease the strain on some families to help them through these difficult times. 10,000 vouchers are currently available as part of this scheme and selected applicants will be chosen on a first-come-first-serve basis. The scheme ensures successful applicants are issued with a £50 supermarket e-voucher to help with food and essential supplies. Who is not eligible? Residents that are currently in receipt of the following benefits are **NOT** eligible for this grant (Criteria updated as of 2nd February):

- Means Tested Free School Meals
- Support Grant from HMRC/Local Authority
- Self-Isolation Payment

Apply online here <https://www.nottinghamcity.gov.uk/coronavirus-covid-19/covid-winter-grant-scheme/>

**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** are now 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.** "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 70. We have a range of vaccination sites in the city and nearby:

- |                                        |                                                   |
|----------------------------------------|---------------------------------------------------|
| 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, we have introduced 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.

### More community news ...

**Nottingham City Libraries.** Enjoy exploring a world of books with your child [here](#). **BorrowBox** for Younger Readers. **eReads** are not just for adults you know! From picture books, classics, humour, adventure and spine-tingling chillers - with something for every age and taste it will soon become their favourite new app! **Deny All Charges**, *Eoin Colfer* | **Shoe Wars**, Liz Pichon | **Daisy and the Trouble with Nature**, *Kes Gray* | **Little Monsters**, *David Walliams* | **Free-Range Freddy**, *Rachel Bright and Izzy Evans* | **Goldilocks in Space**, *Peter Bentley*. Free downloads for kids, young adults and adults. A great selection of titles to read and listen to on your PC, laptop, smartphone, tablet or iPad.

**Free online fitness. Family Lives** have joined forces with Sport England to offer free online classes to local families in Nottingham. There is no charge for the classes, nothing to join and no contracts to sign. Their aim is to keep the children of Nottingham Fit and Active through lockdown and beyond. All they need is parents' name, age and number of children wanting to take part, and an email address to send the Zoom link to. They have a range of family classes e.g. Kids Capoeira; Yoga; Zumba. Telephone 0808 800 2222 or email [askus@familylives.org.uk](mailto:askus@familylives.org.uk). How can Family Lives help you? If you would like support or advice:

- Free confidential helpline on 0808 800 2222
- Email them for support at [askus@familylives.org.uk](mailto:askus@familylives.org.uk)
- Talk to them online via their [Live Chat service](#)
- Online advice, peer support and information on all aspects of family life at [www.familylives.org.uk](http://www.familylives.org.uk)
- Face to face support groups and workshops

## Festival of Science and Curiosity



**Mon 8<sup>th</sup> – Weds 17<sup>th</sup> February - Online**

Despite every challenge, the Nottingham Festival of Science and Curiosity is back this February with a packed programme of events and activities accessible for all the family.

This week-long festival takes Science, Technology, Engineering and Maths out of the lab and into everyday lives. There will be live demonstrations, and activities to take part in at home from quizzes, to word searches and colouring through to experiments like Ice and Spaghetti Composites where mixing two materials together can produce the best of both worlds!

Or, why not go on a Back-Garden Scavenger Hunt? Can you find all the objects on the list in your back garden, or in your local park? There is also a festival magazine! articles, puzzles, activities and experiments to try out at home, there's something for the whole family.

<https://nottsfosac.co.uk/w/wp-content/uploads/2021/01/festival-2021-magazine.pdf>