



## School Newsletter

Friday 18<sup>th</sup> September

Newsletter 2

Dear Parents and Carers,

I hope you have all had a restful and enjoyable summer and are now in the routine of the 'new normal'. All the children have settled back to life at RAPS extremely well and the first couple of weeks have flown by. Every single child has made a fantastic start to the academic year. Everyone is eager to learn and to continue to progress. The behaviour of the children in class, around the school and outside has been excellent and we all are extremely proud of them. I would like to take this opportunity to say a huge well done to our new Reception children, who have settled in very well and have already become true RAPS pupils. They are growing in confidence daily and have all taken the transition in their stride. We are very lucky to have them as part of our school – their addition to the RAPS team will make us even more fantastic!

We appreciate that parents/carers know and understand their children on a unique level. Mrs Beech and I are around the whole school each day, looking in classes, watching lessons and talking to children across the school. We are so proud to see that the children seem very settled and are already in a productive learning routine but, very importantly, if you feel in any way that your child's needs are not being met then you must speak to someone about it. Our school motto of 'One Childhood; One Chance' means that we want our children to make the most of their time with us, without any barriers to their learning.

The link between parents and school is incredibly important if children are to fulfil their potential. RAPS prides itself about having an open-door policy but, as you can image at the moment, that is more tricky since Covid. Reception and KS1 parents are still able to have direct contact with the teachers daily at drop-off and pick-up but this is a little trickier for our KS2 parents. As parents are not able to come into the building, staff are positioned at the building's entrances to take messages which can be passed onto the teacher in the mornings. We are able to still communicate through telephone calls, e-mails (we have a school policy of no e-mails between 17.30-7.30) and can arrange socially-distanced face to face meetings.

As I said in my first letter, Newsletters will be sent fortnightly. Class Blogs will be updated three times a week. We will post updates to our social media and

### Dates for Your Diary

18<sup>th</sup> September  
Badge Day

21<sup>st</sup> September –  
Reception stay to  
lunch

24<sup>th</sup> September-  
Reception stay all  
day

25<sup>th</sup> September –  
Yr1 RWI  
information will be  
sent out to parents  
via MCAS and  
blogs

29<sup>th</sup> September Yr  
6 Parents will be  
sent secondary  
Information.

Week beginning  
19<sup>th</sup> October –  
Virtual Parents  
meetings – Invites  
to be sent via  
Teams



messages will be sent via MCAS. Everything is always uploaded to our website: Newsletters on the 'home page', Class Blogs under 'Your Class' and copies of all texts, messages and additional letters under 'Parents Information/Information sent home'. We will continue to use Padlet on the class pages but this will have a limited facility, children will still be able to put posts on Padlet which is approved by the class teacher before uploaded but will not have the comment facility. Classes that use Padlet will be sent a new class password next week. Please ensure that as parents, you supervise your children's use of technology. There is lots of advice on our website:

<https://www.ramsgateartsprimaryschool.co.uk/page/?title=Online+Safety&pid=87>

Kind regards

*N. Budge*

## Artist of the Term



Our artist this Term is Peter Campbell-Saunders, he has provided us with this video to showcase the work that we now have displayed within school: See the short assembly that he sent to the children <https://vimeo.com/456961844>

Here is some brief information about Peter Campbell-Saunders:

'After studying at Central St Martins College of Art and Design in the mid-eighties Peter became a Magazine Art Director and Photographer for the next twenty years. He now exhibits regularly and his work hangs in private collections throughout the world. Peter draws inspiration from Jazz music, old films and architecture, a lifelong obsession with the past being a constant theme throughout Peter's work.'

The pieces that we have been fortunate enough to display are being enjoyed by children and members of staff alike.

## Healthy Packed Lunches

Whether squeezing it in between getting a school uniform and making sure their shoes fit in the back-to-school rush, or on busy midweek evenings during term time, preparing your child's lunchbox can seem like just another thing on the list.

School meals are a great choice, but if you do make a packed lunch for your child, then we are asking for you to make it as healthy as possible- **no sweets, sugary drinks (water only) or nuts**. Thank you.

Please see below for some ideas or go to <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes>.

Packed lunch tips	
<p><b>Keep them fuller for longer</b> Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.</p>	<p><b>Cut down on crisps</b> If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.</p>
<p><b>Mix your slices</b> If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.</p>	<p><b>Add bite-size fruit</b> Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.</p>
<p><b>Freeze your bread</b> Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.</p>	<p><b>Tinned fruit counts</b> A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.</p>
<p><b>DIY lunches</b> Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.</p>	<p><b>Swap the fruit bars</b> Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.</p>
<p><b>Less spread</b> Cut down on the spread used and try to avoid using mayonnaise in sandwiches.</p>	<p><b>Watch the teeth!</b> Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.</p>
<p><b>Cut back on fat</b> Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.</p>	<p><b>Swap the sweets</b> Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).</p>
<p><b>Ever green</b> Always add salad to sandwiches – it all counts towards your child's 5 A DAY.</p>	<p><b>Go low fat and lower sugar</b> Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.</p>
<p><b>Always add veg</b> Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.</p>	<p><b>Check your cheese</b> Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.</p>
<p><b>Get them involved</b> Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.</p>	<p><b>Variety is the spice of lunchboxes!</b> Be adventurous and get creative to mix up what goes in their lunchbox.</p>

## Questions about Covid

Understandably many parents are concerned whether to send their children to school if they are unwell and phone the office often for reassurance that they are doing the right thing.

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

See below some commonly Covid related questions, action required and when to advice when to return to school which may be helpful. ('Action needed' and' Returning to school when' responses are taken from current Government guidance, September 2020)

What to do if...	Action Needed	Return to school when...
... my child has Covid-19 symptoms.	<ul style="list-style-type: none"> <li>- <b>Do not come to school</b></li> <li>- Contact school to inform us</li> <li>- Self-isolate the whole household</li> <li>- Get a test</li> <li>- Inform the school immediately about the test result</li> </ul>	... the test comes back negative or a period of 10 days has passed since the symptoms started, and the child feels well.
... my child tests positive for Covid-19.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- Contact school to inform us.</li> <li>- Agree an earliest date for possible return (minimum of 10 days).</li> <li>- Self-isolate the whole household.</li> </ul>	... 10 days have passed since symptoms began, even if they still have a cough or loss of taste/smell. <i>(These symptoms can last for several weeks.)</i> <b>AND</b> the child feels well.
... my child tests negative.	<ul style="list-style-type: none"> <li>- <b>Contact school to inform us.</b></li> <li>- Discuss when your child can come back (same day/next day).</li> </ul>	... the test comes back negative.
... my child is ill with symptoms not linked to Covid-19.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- Contact school to inform us.</li> <li>- Ring on each day of illness.</li> </ul>	... after 48 hours following the last bout of sickness or diarrhoea (as per attendance policy)
... someone in my household has Covid-19 symptoms.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- Contact school to inform us.</li> <li>- Self-isolate the whole household.</li> <li>- Household member to get a test.</li> <li>- Inform school immediately about test result.</li> </ul>	... the test comes back negative.
... someone in my household tests positive for Covid-19.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- Contact school to inform us.</li> <li>- Agree an earliest date for possible return (minimum of 14 days).</li> <li>- Self-isolate the whole household.</li> </ul>	... the child has completed 14 days of isolation.
... NHS test and trace has identified my child as a close contact of somebody with symptoms or confirmed Covid-19.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- Contact school to inform us.</li> <li>- Agree an earliest date for possible return (minimum of 14 days).</li> </ul>	... the child has completed 14 days of isolation.
... NHS test and trace has identified a household member (other than my child) as a close contact of somebody with symptoms or confirmed Covid-19.	<ul style="list-style-type: none"> <li>- <b>The household member must self-isolate for 14 days.</b></li> <li>- Child can continue to attend school.</li> </ul>	... child can continue to attend school

... my child has travelled abroad from a country or territory that IS on the exempt list of countries.	<p><b>If returning from a destination where quarantine is NOT needed:</b></p> <ul style="list-style-type: none"> <li>- Check the current <a href="#">Exempt countries and territories list</a> to confirm the country you have travelled from or through is on the exempt list.</li> <li>- Ring school to inform us you have returned to the UK and agree a return date to school.</li> </ul>	... you have informed the office of your return to the UK ( <i>the office will ask you a few questions about your travel</i> ).
... I have travelled from a country that requires us to quarantine (but my child didn't travel).	<ul style="list-style-type: none"> <li>- As long as you do not have / have not had symptoms in the last 14 days, your child can continue to attend school.</li> <li>- The person who has travelled <b>MUST NOT</b> leave the house, including to do pick-ups and drop offs (<i>please contact school if you need support getting your child to school</i>).</li> </ul>	... child can continue to attend school
... we have received medical advice that my child must resume shielding.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- <b>Contact school to inform us.</b></li> <li>- Shield until you are informed that restrictions are lifted and shielding is paused again.</li> </ul>	<p>... school inform you that restrictions have been lifted and your child can return to school again.</p> <p>... you receive medical advice that your child may return to school.</p>
... my child's bubble is closed due to a Covid-19 outbreak in school.	<ul style="list-style-type: none"> <li>- <b>Child must not come to school.</b></li> <li>- Support your child at home with remote education provided by your school.</li> <li>- Your child will need to self-isolate for 14 days.</li> <li>- <b>Other siblings may continue to attend school.</b></li> </ul>	... school inform you that the bubble will be reopened.
... I am unable to get a test for someone in the household who has symptoms	<p><b>If you are not able to get a test in the first 5 days of having symptoms, your child and anyone they live with must stay at home and self-isolate for 14 days. Anyone in your support bubble must also stay at home.</b></p>	... the child has completed 14 days of isolation.