



# St Paul's Friday Round Up

Friday 5<sup>th</sup> March 2021

*Welcome to our round up of news and information for the week.*

## Reopening of Primary Schools

Today is the final day of remote learning for all pupils as we shall be reopening the school to all pupils on Monday. This afternoon, the teachers have now returned to the school and are preparing their classrooms for Monday. We have sent two emails with information about the return to school. I am conscious that there is a lot of reading. I will try and keep this bulletin brief.

Thank you to you all for your efforts and support for the home learning since January.

### Action:

*Find and read the two emails previously sent with plans for our return. The third email will follow over the weekend and will be a short reminder of key information.*

## Nervous? Excited? Upset?

The COVID pandemic has had a huge impact on us all. Our children have had to cope with so much. Your child/ren may have very mixed feelings about returning to school. Please try not worry, this is entirely natural. For most children these feelings will pass quite quickly, once routines are re-established. We are approaching this restart very much as if it were the start of a new academic year. We will spend time re-establishing routines and expectations as we know that these provide reassurance in times of challenge.

I found the following advice for parents on the '[Young Minds](#)' website. You may find it helpful in talking to your child about the return to school over this weekend.

After being off school for so long, it is only natural that many young people will be worried about returning to school.

Here are some tips from our Parents Helpline team on how you can support your child to transition back to school life:

1. **Talk to your child about how they are feeling** about going back to school and try not to make assumptions. Ask them if they are worried or feel scared about anything, but also if they are excited about or looking forward to something. No matter how your child feels, let them know that it is completely normal to feel a mixture of emotions and that everyone will be in the same boat. Have a look at more advice on [starting a conversation with your child](#).
2. **Provide your child with as much information about their new routine and school day as you can.** This will help them to prepare for any changes that have been made to the timings of their day, the layout of their classroom, their peer groups and playtimes. For younger children, it can be really helpful for them to visualise these changes – so ask your child's school if they can send any pictures to help make things feel more familiar.
3. **Reassure your child.** During the lockdown we have been told to stay at home, remain socially distant from others and wash our hands regularly. This means children may find it difficult to go back to school because it will be a huge change from what they have been asked to do during the pandemic. Talk with your child about ways they can stay safe at school, such as washing their hands before and after eating, and reassure them that the school are putting measures in place to keep them safe.
4. **Re-establish a routine to help ease into school life.** During lockdown it is understandable that your family's routine may have changed. Children are likely to have been waking up later or going to bed

later. To help them get ready for school, try to gradually get them back into their usual morning and bedtime routines as they get closer to their return date.

5. **Don't put pressure on yourself.** The transition back into school is likely to take some time. Lots of children will experience ups and downs. Try your best to support, reassure and comfort them, without putting pressure on yourself to make sure their homework is done or they settle into a new routine straightaway.
6. **Think ahead.** As well as reflecting on what has happened during the past few weeks, it is important to help children develop hope and a sense of excitement for the future. At a time like this, it can be hard to feel positive, but identifying the things that they can look forward to will help them to realise that the current situation won't last forever and their feelings will change.
7. **Seek support if you need it.** Transitioning back to school after being in lockdown is no easy task. You may find that your child struggles to get back into school or experiences difficulties while they're at school. If this is the case, reach out to your child's school as soon as you can so that you can make them aware of the challenges and work together to support your child. If you are concerned about your child's mental health and you think they need professional support, speak to the school and your GP about the best next step.

### **Asymptomatic Testing**

All school staff now have the opportunity to participate in twice weekly asymptomatic COVID testing. The Local Authority have also arranged for adults in households of school aged pupils to engage with regular asymptomatic testing.

This testing is for people without COVID symptoms. The aim is to identify people who are carrying the virus, but are not showing symptoms. I have attached a flier from the local authority explaining how to get a test.

### **School Streets Parking Restrictions**

The far end of Albany Road was designated a 'school street' last summer. This means that there are entry restrictions during school drop off and pick up. These restrictions were lifted during the lockdown. They will be re-implemented from Monday 8<sup>th</sup> March 2021. Please do not drive on Albany Road. The controlled parking zone in Latewood Road only operates from 10:00 -12:00 and 18:00-20:00, so you can park without restriction in this area at drop off and pick up times.

### **Parents' Evening – Cancelled**

We shall not be holding parents' evening as planned on Monday 15<sup>th</sup> and Tuesday 16<sup>th</sup> March. During remote learning there has been significant parent/teacher contact and the children will only have been back in school for a week. The current restrictions do not allow for face-to-face visits to the school.

### **Contact:**

To contact the school, please send an email to [office@stpauls.hounslow.sch.uk](mailto:office@stpauls.hounslow.sch.uk)

To contact the Chair of Governors: [chair@stpauls.hounslow.sch.uk](mailto:chair@stpauls.hounslow.sch.uk)