



Frettenham Primary School

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Part of the Nebula Partnership

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Dear parents and carers,

I think I can speak for us all when I say thank goodness this period of home learning is coming to an end and let's hope we don't have to do this again! Thank you for all your hard work in supporting your children – this hasn't been easy for anyone. We are looking forward to welcoming all the children back next Monday and have been working since it was announced to ensure that the school site and classrooms are ready. Our first priority will be to ensure the children come back happy and settled, so they are ready to learn. Please be assured that we are very aware that this will be a shock to the system for the children, having been in Lockdown since January. In order to make sure we get this right for them, we will be planning our timetable and curriculum very carefully to ensure their wellbeing is our absolute priority.

Here are a few ideas about preparing for coming back to school.

Start talking

Your child might have worries about the virus, restrictions in place or their education and school. Make time to listen to their thoughts and discuss what school will be like. If you are unsure of any answers, ask us and we will give you as much information as we can.

Sleep routine

Sleep is very important for your child's mental health and wellbeing, as well as their development. Try and help your child build a healthy sleep routine which they can maintain whether attending school in person or not. Our guide on improving sleep could be a good place to start.

Coping strategies

We use these when feeling stressed such as speaking with friends or family, doing regular exercise or using breathing techniques. You can share the different ways you managing these feelings when feeling worried about something. If your child is showing signs of being overly anxious then "What to do when you worry too much" by Dawn Huebner is a good resource.

Make yourself available as much as possible

Children may want to come and "debrief" but maybe not when you expect. Create space for talking in different ways, such as going on a walk together or baking together – there may be less pressure in these circumstances than when sitting face-to-face.

Look at the positives

It might be helpful to talk with your child about the things they have enjoyed during the pandemic and what they may be looking forward to, as restrictions look like they will be easing over the next couple of months, like their favourite shop reopening, seeing friends in the park or getting ice cream from their favourite café.

School information

In line with the government and local authority guidance, we will continue to abide by our Covid Risk Assessment. Please read the following information carefully, as it is important that we continue to stick to these procedures for the well-being of all children and staff in school.

School will go back to the same routines and procedures we were using from September 2020. Below is a clarification of these, **with an additional change to the start and end of the day.**

- Arrival times are staggered with the main gate being used for class 2 and 3 and the playground gate being used for class 1.
- The start of the school day: **Only 1 parent to drop off. If you only have one child in school we are asking you to drop off between 8:30- 8:35am. Children with siblings please arrive between 8:35 – 8:45.** Please help by leaving promptly to enable space in front of school. We are encouraging the use of face covering when dropping off and waiting for your child at the end of the day.
- The end of the school day: **Only 1 parent to pick up. If you only have one child in school we would like you to collect at 2:50pm. This will allow additional space outside of school at 3pm.** Pick children up from the same gate as they are dropped off. (Siblings with a child in class 1 will use the gate on the playground the same as in the Autumn term.)We will get children out to you as soon as we can. Only drive if absolutely necessary and park your car away from school road. Also park so you don't have to drive past the school, especially after collecting a child. Under no circumstances park on the yellow zigzag lines in front of the school, or on the opposite side of the road, even to just drop off. If your child is in Class 3, please consider if you are happy for your child to walk and meet you away from school rather than being collected. Written permission will be required, but it will mean they will be able to leave quickly. Please maintain social distancing outside the front of school. Please follow government rules about households not mixing and ensure you maintain 2m distance from others outside school. Please do not congregate in groups and block the footpaths.
- Children are to wear PE kit on PE days.
 - Class 1 Wednesday
 - Class 2 Wednesday , Thursday
 - Class 3 Monday , Tuesday Friday (you will be informed of whether your child need their PE on Monday and Friday or Tuesday and Friday.)
- Waterproof trainers (or waterproof treated trainers) are to be worn everyday for access to the field and so we can be outside as much as possible. (Wellington boots can be worn on very wet days with another pair of shoes brought to school to change into.)
- No bags or equipment are to be brought to school. Children will be provided with homework bags and all equipment they need.
- Water bottle and coats are to be clearly labelled.
- Lunches will be home packed lunches (clearly labelled) or School packed lunches available. Free for Reception to Year 2. Year 3 - Year 6 there is a cost of £2.30 per day. We will be using Parentpay system). There is no cash or cheques accepted by the office, all payments must be made via Parentpay. Lunches to be ordered by pupil on a Monday during registration, for the whole week in advance (so the kitchen can prepare for the weekly numbers). Menu attached.

- Classrooms are continuing to be ventilated with doors and windows open. Children are expected to be in school uniform, but are welcome to wear additional layers like a fleece in class on top of their jumper. School fleeces are available to purchase from www.myclothing.com or a plain red or black if in Y6 are fine too. Unless we have a very cold day, coats will not be allowed to be worn in class.

Below is a link to the Just one Norfolk website where it has some very good information about preparing to come back to school. <https://www.justonenorfolk.nhs.uk/return-to-school>

Enjoy the last week at home and we look forward to seeing you all soon. If you have any questions, **please email the school office.**

Kind regards,

Gyles Longhurst