



Ashmead Primary School

<https://myashmead.org>

11th September 2020

Welcome back

It is so lovely to have the children back at school. Thank you also to all the parent/carers who have helped make the transition back to school so smooth. As you know, we are operating staggered start and finish times to help support social distancing measures. As this has been successful so far we would like to trial a slight change to the start times for some year groups in the morning:

9.00am: Y6, Y5 and Y4 (same as this week)

9.10am: Y3, Y2 and Y1 (5 minutes earlier than this week)

9.20am: Reception and Nursery (10 minutes earlier than this week)

To make this a successful trial we ask that parents consider these as 'hard' start times (not a soft start) and come at the allocated time for their child's year group. *Thanks.*



Road Safety and School Street Scheme



Hopefully parents and carers will have seen our earlier messages today about the 'school street' scheme that will start on Monday. To keep children, parents and residents safe Lewisham are shutting Ashmead Road to vehicles at the following times from Monday to Friday:

08.30am to 09.30am
3.00pm to 4.00pm

Residents who are already parked on Ashmead Road can still drive out of the road and there are a small number of residents with exemptions who can enter the road during these times. This means that standing in the road while waiting at drop-off and pick-up will be *safer* than now but not 'safe'.

Given the need to socially distance as much as possible and how narrow the pavements are it is entirely understandable that parents are choosing to use the road to wait in at times but please help us to keep everyone safe by doing the following:

- Only one adult should collect children from school. This will make the area outside school less crowded and safer for all.
- Please move away from school as soon as you possibly can after drop-off/pick-up. We are not trying to be unfriendly here - but we do need to keep everyone safe.
- Please be aware of the risks of waiting in the road and be very alert if you are doing this. A few times this week as I was informing parents (pretty loudly!) of oncoming cars I was quite worried about how little attention was being paid to the passing cars... We are doing our best to ask drivers to go slowly and safely but we do not have control of how people drive, so parents must continue to be alert to the small number of vehicles that will continue to use the road after it becomes a school street.



I am sure that by working together we can continue to keep the whole Ashmead community as safe as possible.

Family - Class teacher communications

We would normally hold our 'meet the teacher' meetings around now but I hope parents and carers will understand these will not work in the way we did them in the past due to coronavirus. Even before coronavirus we were re-thinking these meetings as attendance was pretty sporadic last year. We want to make sure we have good systems for families to be informed about what's going on in the classroom and how to have good communication with the class teacher both in September and throughout the year. We will update you on this next week.



It was great that so many families got to meet their child's teacher at the pop-in Friday events just before the holidays. If you need to contact your child's class teachers the year group pages on the website have now been updated and you will find their email addresses there.

What do I do if I need to get a Covid test?

If your child, or any member of your household has Covid symptoms, you MUST self isolate as a family, and book a test as soon as possible.



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

- a high temperature – this means you/your child feels hot to touch on the 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 3 or more coughing episodes in 24 hours (if you/your child usually has a cough, it may be worse than usual)
- a loss or change to sense of smell or taste – this means you've noticed you/your child cannot smell or taste anything, or things smell or taste different to normal

Your child, and any siblings, cannot return until you know the outcome of the test. You will need to share the outcome of the test with the school as soon as possible. Tests have been coming back very quickly, often within 24-48 hours

You can arrange a test at: <https://bit.ly/3jjkPEu> or by calling 119. There is also a new walk-through coronavirus testing facility that opened on Wednesday in the Vanguard Street car park. This is approximately a 5-10 minute walk from Ashmead. The free swab tests take less than a minute.

Packed lunches

As you know, the kitchen are providing school packed lunches at the moment. Children in Reception, Year 1 and Year 2 are all entitled to a free school lunch. If you would prefer to provide a packed lunch from home, we ask that you please adhere to healthy guidelines.



We recommend that your child's lunchbox includes the following:



Starchy food like bread, potatoes, rice and pasta these foods provide carbohydrate to give your child energy for the afternoon.



Meat, fish, eggs, beans and other non-dairy sources of protein – these foods provide protein, iron and zinc to help your child grow.



Fruit and vegetables – these foods provide vitamins and minerals to help protect against illness.



Milk and dairy foods – these foods are a good source of calcium, for strong bones and teeth.

Water is the best option for a drink at lunchtime. Alternatively you might want to provide a milky/yogurt drink.

Try to limit food or drinks that are high in saturated fat, sugar or salt, so no chocolate or sweets, limit sweet treats like cereal bars that are high in sugar and try to avoid salty snacks like crisps!

Please remember we have some children with nut allergies in school so no children should bring nut products to school. This includes peanut butter or Nutella and other products containing nuts.

What does my child need to bring to school?

- A named water bottle – which can be refilled in school at the class sink. It is essential every child brings a water bottle as the playground water fountains have been turned off as part of our Covid precautions.
- Packed lunches (named)
- Essential medication and medical equipment (to be kept in the office)
- Coats and other essential outdoor wear (all named)
- School book bag



Your child does not need to bring a PE kit to school. We would recommend that children wear clothes that are comfortable and suitable for movement every day. On their PE days they should come to school in PE kit and trainers.