

Parent Information – March 2021

Covid-19



Information for Parents

Dear Parents/carers,

This pack will provide you with information on our operating procedure from Monday 8th March 2021.

Should you wish to ask any questions, please email the school on admin@mpsplymouth.net

As always, keeping everyone safe remains our priority at school. To help keep everyone in school as safe as possible, please read the following information:

- We are continuing to operate in year group bubbles. The current protocols for keeping year group bubbles separate will remain in place.
- Breakfast club will be operating in the same way as it has been in the autumn term. If you haven't used breakfast club before and would like to, please email admin@mpsplymouth.net
- If your child is entitled to free school meals or are in Foundation, Year 1 or Year 2, they can continue to receive free school meals. Paid for school meals will be available, but the menu may be limited at times– more information on this to follow.
- Children to wear their school uniform to school. Any problems with getting hold of uniform including school shoes, please contact the office.

- Children will continue to wear their PE kit to school on the following days:

Foundation: Friday	Year 4: Tuesday & Thursday
Year 1: Thursday	Year 5: Tuesday & Thursday
Year 2: Tuesday & Friday	Year 6: Monday & Wednesday
Year 3: Monday & Wednesday	

- Your child does not need to bring in any items from home – these include pencil cases, toys and accessories.
- Foundation, Year 1 and Year 2 are able to bring in school book bags (not rucksacks). These can be stored in boxes and not on pegs. Year 3 – 6, please continue to as you did before Christmas.
- If you wish to contact a member of staff, please continue to use the class email address or phone/email the office.
- Remember not come to the school doors or office with your query. This is so that we can keep the number of people within the building at a minimum.
- Remember to wear a face covering when dropping off or collecting your child from school; unless you are exempt, and practice 2m social distancing.

Parent Guidance for COVID Related Absences



What to do if...	Action needed...	Return to school...	School will provide...
...my child has COVID-19 symptoms: <ul style="list-style-type: none"> • High temperature • New continuous cough • Loss or change to sense of smell and taste 	<ul style="list-style-type: none"> • Your child must not attend school, report this absence by calling 01752 216160 • Whole household (including support and childcare bubbles) must begin their self-isolation for 10 full days • Book a test for your child • Inform school immediately about test results via email 	...when your child's test comes back negative.	Encourage children to practice spellings, timetables and read their reading books if they are well enough.
...my child tests positive for COVID-19	<ul style="list-style-type: none"> • Your child must not attend school, report this absence by calling 01752 216160 • Your child self-isolates for at least 10 days after their symptoms started (or from date of test if no symptoms) • Inform school immediately about test results • Whole household (including support and childcare bubbles) self-isolates for 10 days after the day when symptoms started (or from day of test if no symptoms). If a member of the household starts to display symptoms while self-isolating they will need to restart the 10 day isolation period and book a test. 	<p>When to stop self-isolating You can stop self-isolating after the 10 days if either:</p> <ul style="list-style-type: none"> • you do not have any symptoms • you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone <p>When to keep self-isolating Keep self-isolating if you have any of these symptoms after the 10 days:</p> <ul style="list-style-type: none"> • a high temperature or feeling hot and shivery • a runny nose or sneezing • feeling or being sick • diarrhoea <p>Only stop self-isolating when these symptoms have gone. If you have diarrhoea or you're being sick, stay at home until 48 hours after they've stopped.</p>	If your child is well enough to access home learning: <ul style="list-style-type: none"> • Regular English and Maths videos provided on google classroom alongside lesson PDF and resources. • Other lesson PDFs will be available • 2 Google meet assemblies

... my child tests negative for COVID-19	<ul style="list-style-type: none"> Contact the school office and discuss when your child can return. 	...the negative test has been received and your child is feeling well.	N/A
...my child is ill with symptoms not linked to COVID-19	<ul style="list-style-type: none"> Follow usual absence procedures by calling 01752216160 	...when well enough. If due to sickness/diarrhoea, 48 hours after the last bout.	N/A
...somebody in my household has COVID-19 symptoms and is awaiting a test result	<ul style="list-style-type: none"> Your child must not attend school, report this absence by calling 01752 216160 Household member with symptoms should book a test Whole household (including support and childcare bubbles) must begin their self-isolation for 10 full days Inform school immediately about test results 	...when household members' test is negative, and your child does not have COVID-19 symptoms.	Encourage children to practice spellings, timetables and read their reading books if they are well enough.
...somebody in my household has tested positive for COVID-19	<ul style="list-style-type: none"> Your child must not attend school, report this absence by calling 01752 216160 Whole household (including support and childcare bubbles) self-isolates for 10 days after the day when symptoms started (or from day of test if no symptoms). If a member of the household starts to display symptoms while self-isolating they will need to restart the 10 day isolation period and book a test. 	...when your child has completed 10 full days of self-isolation, even if they test negative during the 10 days	<p>If your child is well enough to access home learning:</p> <ul style="list-style-type: none"> Regular English and Maths videos provided on google classroom alongside lesson PDF and resources. Other lesson PDFs will be available 2 Google meet assemblies
...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms of confirmed COVID-19	<ul style="list-style-type: none"> Your child must not attend school Your child self-isolates for 10 full days (as advised by NHS test and Trace) – even if they test negative during those 10 days Rest of household do not need to self-isolate, unless they are a 'close contact' too. 	...when your child has completed 10 full days of self-isolation, even if they test negative during the 10 days	<ul style="list-style-type: none"> Regular English and Maths videos provided on google classroom alongside lesson PDF and resources. Other lesson PDFs will be available 2 Google meet assemblies

...we/my child has travelled and has to self-isolate as part of a period of quarantine	<ul style="list-style-type: none"> Do not take unauthorised leave in term time Consider quarantine requirements and FCO advice when booking travel Provide information to school as per attendance policy <p>Returning from a destination where quarantine is needed:</p> <ul style="list-style-type: none"> Your child should not attend school Whole household self-isolates for 14-days – even if they test negative during those 10 days 	<p>...when the quarantine period of 10 full days has been completed for the child, even if they test negative during the 10 days</p>	<ul style="list-style-type: none"> Regular English and Maths videos provided on google classroom alongside lesson PDF and resources. Other lesson PDFs will be available 2 Google meet assemblies
...we have received advice from a medical/official source that my child must resume shielding	<ul style="list-style-type: none"> Your child should not attend school Contact school as advised by attendance officer/pastoral team Your child should shield until you are informed that restrictions are lifted and shielding is paused again. 	<p>...when school/other agencies inform you that restrictions have been lifted and your child can return to school again</p>	<ul style="list-style-type: none"> Regular English and Maths videos provided on google classroom alongside lesson PDF and resources. Other lesson PDFs will be available 2 Google meet assemblies
...My child's bubble is closed due to a COVID-19 outbreak in school	<ul style="list-style-type: none"> Your child must not attend school Your child self-isolates for 14 days (as advised by Local Health Protection team). 	<p>...when your child has completed 14 days of self-isolation, even if they test negative during the 14 days</p>	<p>The provision provided during January – March lockdown will resume.</p> <ul style="list-style-type: none"> Regular English and Maths videos provided on google classroom alongside lesson PDF and resources. Other lesson PDFs may be available Regular google sessions
...I am not sure who should get a test for COVID-19	<ul style="list-style-type: none"> Only people with symptoms need to get a test People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who test positive. 	<p>N/A</p>	<p>N/A</p>

Drop off and pick up



During this time, please make sure you wear a face covering; unless you are exempt, and practice 2m social distancing. The following times for the drop off and collection of your child/children. If in the autumn term you had discussed changing the times with a member of staff, stick to the time that suited you best.

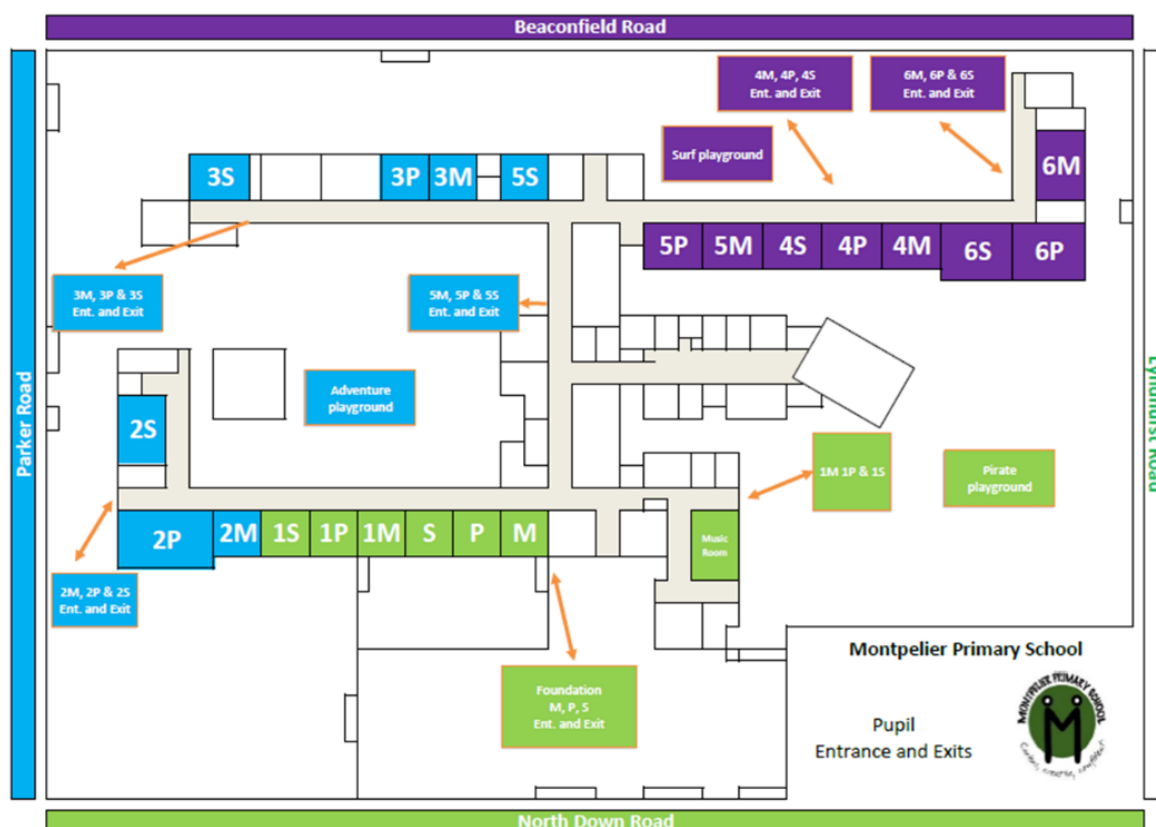
A-G Surname	8:30 start	15:00 finish
H-Q Surname	8:40 start	15:10 finish
R-Z Surname	8:50 start	15:20 finish

Please arrive at the time that correlates with your child's surname and not before - the school gates will be open from 8:20 each morning and 14:50 each afternoon. Children from Years 5 and 6 have the option to walk home without an adult but we will need consent for this to take place (if you've already completed a consent form, that's fine) – if you require a letter, please contact the office on admin@mpsplymouth.net

School Map of entrances



Please note the colour of the access points on the map. For example, if your child's bubble is based in 1M, you would note the colour of the 1M classroom box and then the entrance/exit box. This matches the gate you should enter and exit.



Lateral Flow Testing



Members of households, childcare or support bubbles of school staff and pupils

Currently, all school staff have access to home testing via a lateral flow device. At Montpelier, staff test themselves on a Wednesday and Sunday.

From 1 March 2021, if you're a member of a household, childcare bubble or support bubble of staff or a pupil you can get a twice-weekly test:

- through your employer if they offer testing to employees
- at a local test site
- by collecting a home test kit from a test site
- by ordering a home test kit online

These tests are not designed for your primary aged child and are for members of the household, childcare or support bubble who wish to take part in the testing. As a school, we are not linked to this in any way and do not collect the results. We will just hear in the usual ways if a family reports a positive result.

Get a test through your employer

Your workplace may offer rapid lateral flow testing to you. Contact your employer to find out more.

Take a test at a rapid lateral flow test site

You can take a rapid lateral flow test at a local site. Currently, there are no local test sites to support this.

Collect test kits

You can collect 2 packs of home test kits at a local collection point. Each pack contains 7 tests.

Anyone 18 or over can collect. You can check online if the location is busy before you go. In Plymouth, you are able to collect these at the Guildhall in town and at Marjons. Please click the link below for more information.

[Find your nearest home test kit collection point.](#)

Order home test kits online

If you cannot get tested at your workplace, or are unable to go to a test site or collect test kits, you can order a home test kit online.

Do not order online if you can get a test through other methods. This frees up home delivery for those who need it most.

[Order rapid lateral flow home test kits](#)

What twice-weekly testing involves

You will be asked to:

take a test twice a week (every 3 or 4 days apart)

report every result to NHS Test and Trace on the same day you take the test

[Report your test result online](#) or by calling 119.

If anyone tests positive or gets coronavirus symptoms, they should tell the school and:

- self-isolate immediately
- get a PCR test to confirm the result
- follow the [stay at home guidance for households with possible coronavirus infection](#)

A negative result means the test did not find signs of coronavirus. But this does not guarantee you do not have coronavirus, so you should keep following all [coronavirus advice](#) including:

- regular handwashing
- social distancing
- wearing a face covering where recommended

Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – “it’s completely fine to feel like that at the moment” or ‘I can really understand why you would feel like that’



Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your ‘goodbye’ routine and create a ‘hello’ greeting for the end of the day for them to look forward to.

