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Newsletter 21

Tuesday 8th March 2022

Class Photographs take place tomorrow. Please ensure your child is in full school uniform and suitably well presented. Thank you.

Covid Update

Although since 24th February, at a national level, there have been changes around testing and about what you can and cannot do, the advice that we are receiving from Public Health and our Local Authority is unequivocal.

For the month of March, nothing has changed.

We are all optimistic that things are improving but for the time being we ask all families to exercise extreme caution around anyone presenting Covid Symptoms.

- If your child is showing any symptoms, please get them to have a LFT test. Although we are aware that they will cease being issued later in the year, you can still presently request them.
- PCR tests are no longer required.
- If you have a positive case in the family it may be wise to keep pupils off for the initial first few days. We are happy to have those individual conversations with you, if this is the case.
- If your child tests positive then the self isolation period still needs to take place:
- 1. The day they first show symptoms or test positive is Day 0
- 2. Pupils then self isolate from Day 1 to Day 5
- 3. On Day 6 and Day 7 pupils should LFT. As long as both tests are negative they can then return, on Day 7 if the test was taken first thing. Or if the test is taken later in the day, on Day 8. Pupils cannot return if they still have a high temperature. Children should still self isolate on Day 6, even if the test is negative.

If one or both of the Day 6/7 tests are positive children should remain at home until they have 2 tests taken which are negative. They need to be taken 24 hours apart. Alternatively they can return to school on Day 11, whichever comes first.







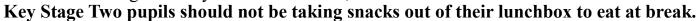




Healthy snacks and lunch including **Nursery Pupils**

A reminder that healthy options should be in your child's lunchbox. Please remember fizzy drinks, sweets and chocolate bars should never be part of a school packed lunch, although we do allow a small biscuit covered in chocolate.

At break time Foundation and Key Stage One receive free fruit. Key Stage Two pupils can either purchase a healthy snack from the snack bar or bring a healthy snack from home, such as fruit.





Many pupils bring in their own water in their drinking bottles. As a healthy school we strongly encourage pupils to have water. The drink should never be squash, for lots of health reasons including it being very sticky if spilt. The water should also not be fizzy. For a very small number of pupils who genuinely do not like water we are aware that flavoured waters are available. Our official line is that these waters can be very unhealthy as well as expensive and we strongly advise parents from purchasing them. However, if this is the only way to get your child to drink, we will allow them in school. We would strongly recommend that you read the labels closely, as some brands can contain more sugar than a fizzy drink!

The golden rule is if there is something in the bottle that is not pure water, it should be of a faint colour so not bringing attention to itself!!!!!!!

Word Aware Day- Friday 4th March

Many thanks to everyone who got involved. We had a great day, with all of us hopefully learning a few new words.



