



Arnside National Primary School

'Aspire – Believe – Achieve'

Headteacher: Mr Nick Sharp BA Hons (QTS)

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18th September 2020

Dear Parent / Carer

The pupils have settled in well and the classes are a hive of activity. Our opening arrangements are going well but we are constantly looking for ways to improve routines and ensure the safest possible provision. Please can I remind all parents / carers to ensure a prompt pick up / drop off and to stand with their child until it is safe to enter the building.

School lunches

Hot meals are proving extremely popular but please remember to regularly check your child's order. From Monday 28th September, we will be offering an additional option of a jacket potato as well as the hot meal or sandwich. If your child does not have a meal pre-booked, we can only provide an 'emergency' sandwich as the food for the hot meals is specifically ordered on the number of pre-booked meals. Finally, please remember to cancel meals if they are not required as this often results in waste food. Thank you for your understanding.

Specialist teaching

We currently have a football coach working with all the classes every Wednesday and this will continue up until half term. We are thrilled to be welcoming back the wheelchair basketball coaches on the 24th & 25th September. As part of additional safety measures, pupils will be working in smaller groups and the wheelchairs will be cleaned between groups. It should be lots of fun and the children love it! Our music tutors, Ric French and Nicola Rich, have resumed their lessons and if you are interested, we still have a few places available. Please contact the school office for further details.

Harvest / Food Bank

As part of our annual harvest celebrations, we would like to support the Homeless Action Centre in Lancaster. More than ever, families need additional support and we would like to help where we can. This year, rather than food donations, the Centre is asking for donations of money. Parents / Carers can make a donation by putting money in an envelope and leaving it outside the office door in a collection box. Any donation, no matter how large or small, will be gratefully accepted. Thank you for your help and support. Later in the term, we will be planning to support the Kings Food Bank in Kendal.

This term may be challenging in terms of pupils / staff absence and potential closures of class / key stage bubbles if there are any confirmed cases of Covid-19. Surrounding schools have already had partial or full closures. Thank you for your patience and understanding – it's a difficult situation for everyone. Take care and look after yourselves.

Yours sincerely,

Mr Sharp



Arnside National School, as an academy, is a charitable company limited by guarantee in England and Wales with company number 07840925



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Symptoms and testing

Look out for one or more of the key symptoms – high temperature, new persistent cough or loss of sense of taste or smell – and only then get tested, or if advised to by a health professional.

When is a cough a 'COVID-cough'?

With common coughs, colds and sneezes around it's tricky to know when and if you should get a COVID-19 test.

The current guidance is, whether or not you have common cold symptoms first, if you develop a high temperature or a cough it must be treated as a possible COVID-19 symptom, and you must isolate and get tested.

The NHS provides more detailed definitions for each of the three COVID-19 symptoms:

- a high temperature – measured as 37.8°C or above. If you don't have a thermometer, feeling hot to the touch on your chest or back is a good indicator of a high 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 usually have a cough, it may be worse than usual).
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with Coronavirus have at least one of these symptoms.



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