



Saint Thomas More R.C. Primary School

Headteacher, Joanne Butterworth, Deputy Headteacher: Anna Quigg
Assistant Headteacher: Sarah Dodd

Welcome back

Thursday 4th March 2021

Dear Parents and Carers,

We are so excited to welcome back all the children on Monday 8th March. We have been so proud of the children, staff and families during this challenging time.

The “bubbles” that were established prior to National Lockdown will continue. School will endeavour to reduce the risk of the spread of the virus as far as possible by minimising the movement of children around school and continuing to operate staggered breaks and lunchtimes. As the National Lockdown is set to continue until at least 21st June, we are asking for your support with the systems we have had in place in school since January.

The staff as yet have not been vaccinated, but many are participating in twice weekly testing. As from next week the government are extending the testing programme to households with primary and secondary children in school (this includes childcare bubbles) guidance can be found here [Rapid lateral flow testing for households and bubbles of school pupils and staff](#)

Changes for 8th March 2021

- **School gates will open from 8:30am**
Children will go straight to their classroom the teachers will be in the classrooms to welcome the children from 8:30am-8:50am, this has been arranged so that there is a 20 minute window for children to arrive into their classroom. Any children arriving after 8:50am will need to enter via the Main Entrance. **Only 1 adult per child for drop off and collection.**
- **Please follow the one way system that was established in September**
- **Please maintain Social Distance rules at all times even if queuing to enter the site**
- **All adults must wear a face mask (unless exempt) in queues or on site**
- **The Annex** – morning and evening can be accessed through the parent carpark up to 8:30am and from 3:10pm. The Annex will close at 5:00pm
- **Times for the end of the day – Gates will open at 2:50pm**
 - Children can be collected from Nursery, Reception and KS1 from 2:50pm
 - Siblings in KS2 can be collected, **however the rest of KS2 children will not be allowed to leave until 3:10pm, this is to alleviate congestion – please support these times.**
- Please leave the site promptly.
- Please use Class Dojo or email for messages to the class teacher, no messages to be given at the classroom door
- Office staff will not be available for conversations in the morning or evening. Please use the Office@stthomasmorerc.rochdale.sch.uk or the school phone number. Any monies that need to be paid please use the online system where possible.
- Children will be reminded about handwashing and keeping their hands clean. They will be reminded that coughs and sneezes must be caught in a tissue or elbow and hands washed, *Catch it, Bin it, Kill it*
- Water bottles children are to bring a filled named bottle only containing WATER to school daily. Any bottles left in school at the end of the day will be thrown away.
- **Snacks must be healthy (not crisps or chocolate), school is NUT free**

We Love, We Learn, We Live with Christ

Evesham Road, Alkington, Middleton, Manchester, M24 1PY.
Tel: 0161 643 7132, Email: Office@stthomasmorerc.rochdale.sch.uk



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Uniform

- Children to continue to wear school uniform, we are aware that the shops are closed and some children will have had growth spurts, if necessary inform the classteacher if any alternatives have been worn. If you have already got summer dresses for the girls that is fine.
- PE kit days these will be shared via Class Dojo

If anyone in your household is having a COVID test you must not send the children to school until you receive the results. Please inform the office on 0161 643 7132 about the test or symptoms and with the result whether negative or positive.

Latest information regarding dealing with positive cases

- Contact with a positive case = isolate from school for 10 days from the date of the contact
- Children displaying symptoms – in school we will call you and they will be kept safely from their class. You will be asked to get them tested.
 - A positive test result = isolate from school for 10 days from the onset of the symptoms, plus the family has to isolate for 10 days.
 - A negative result = child can return to school if well enough to do so.

Impact on Bubbles

- If a child has become unwell in school – they will be sent home and asked to take a COVID test. If they subsequently have a positive test result, there will be a further risk assessment in conjunction with Rochdale LA advice. If close contact is deemed to have occurred the appropriate (Class/department) bubble will have to close due to close contact, this will be for 10 days.
- If a child has become unwell in school, who subsequently has a negative test result this has no impact on the department bubble.
- If a child/ family is contacted via Track & Trace or any club due to a positive case they need to isolate for 10 days. This has no impact on the bubble. If anyone subsequently starts with symptoms, then they need to isolate for 10 days and the household needs to isolate for 10 days.

Next week is Science week and in a few weeks we will be celebrating World Maths Day (which technically is 3rd March). We will be continuing with Wellbeing Wednesday in school. Please keep an eye on the class Twitter when they return so you can share with school life.

We know some children and parents are anxious about returning, but we will all work together for a smooth wider opening of school.

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Please ensure that your email address and phone number are up to date as this is our preferred way to communicate. We will continue sending letters and newsletters via email in order for you have access to them. Email any updates to Office@stthomasmorerc.rochdale.sch.uk

Finally, I would to thank you for all the incredible support you have shown over the last few months.

Best wishes,

Mrs Butterworth

Head teacher



ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	<p>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</p> 			

ACTION FOR HAPPINESS



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Learn more about this month's theme at www.actionforhappiness.org/mindful-march

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