

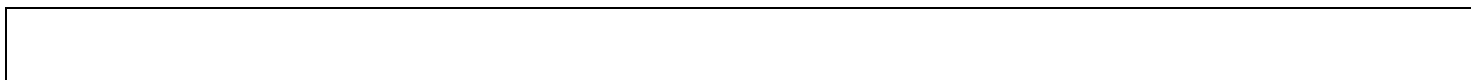


We are an inspiring learning community with high expectations, where all feel safe and happy and everybody has the opportunity to unlock and realise their potential

Stars of the Week

Congratulations to all of our Stars this week. You have shown that even though times may be a little bit different for us all, you are still working hard and giving your best. We are very proud of you!

Rothko	Aurora	For sharing super activities on “How to keep teeth healthy’. Well done, Aurora!
Mondrian	Jahzara	For working hard at home to complete her daily phonics and spelling lessons.
Matisse	Idris	Idris's writing has come on leaps and bounds. Congratulations for writing such a gripping story!
Picasso	Nicole	Giving every subject in her home learning package the same amount of thought and effort. Especially her science experiment which was FANTASTIC!
Blake	Timur and Remi	Timur is always ready and eager to learn. He never misses a lesson and always hands in his work. For completing extra Maths on Doodle. Well done!
Shonibare	Justin	Justin is thoughtful, hard-working and dedicated to his learning. Well done Justin, keep up the excellent work you have been doing
Riley	Emma, Tommy, Gracie and Gia	The effort they have placed into our recent sequence of writing has been tremendous. The maturity with which they are tackling these difficult and turbulent times is inspiring and I want to celebrate all four of them.



Claim your 3 Months' FREE access to the Parents Portal

[Claim Here](#)

Hello,

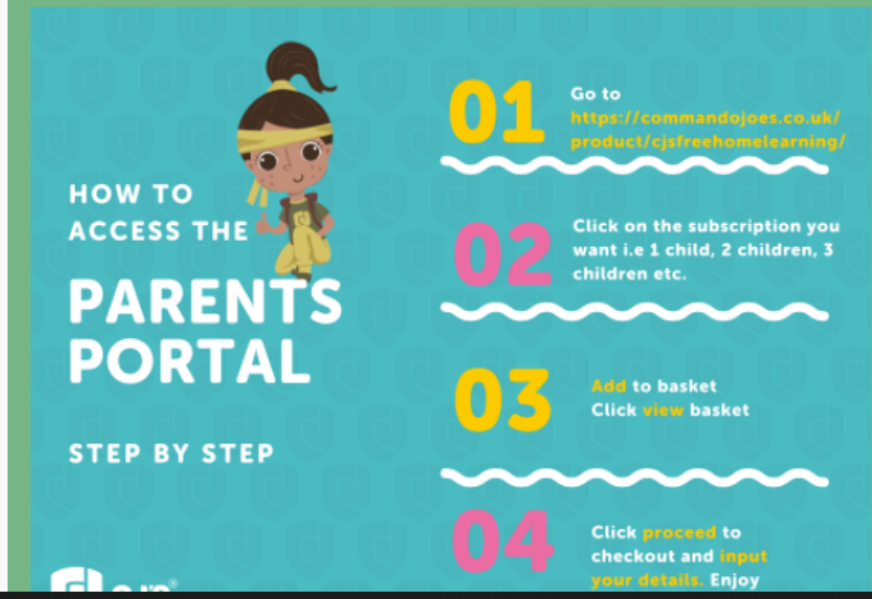
I hope you and your team are well during these testing times.

As a way of supporting young people across the country, we would like to offer your parents the opportunity to have 3 months' free access (no obligation) to our amazing new online parent portal.

Here is all you need to send to your staff and parents to get them up and running:

This link takes you straight to the page where they can create an account for their **FREE three** months' access - [Parent Portal FREE Access](#).

I have attached a useful image below for your staff/parents to assist with creating the account – it's super simple.



HOW TO ACCESS THE PARENTS PORTAL

STEP BY STEP

- 01** Go to <https://commandojoes.co.uk/product/cjsfreehomelearning/>
- 02** Click on the subscription you want i.e 1 child, 2 children, 3 children etc.
- 03** Add to basket
Click **view** basket
- 04** Click **proceed** to checkout and **input** your details. Enjoy

FAQS ABOUT YOUR RAPID (LATERAL FLOW) TEST

What is rapid asymptomatic (lateral flow) COVID testing?

They are one of the tools we can use to reduce the risk of transmission of coronavirus (COVID-19). Lateral flow antigen tests are a new kind of technology that could be used to test a higher proportion of asymptomatic people, better enabling us to identify and isolate more people who are at high likelihood of spreading the virus, and break the chain of transmission. Rapid COVID testing, also known as a lateral flow test, gives a positive or negative COVID result in approximately 30-40 minutes. These tests are safe, inexpensive and do not require a laboratory to process the results.

We want to test as many local people as possible which is why we have opened locations in Hounslow where you can be tested for COVID.

Can I get a test if I have been identified as a close contact?

No, lateral flow testing is not currently available for anyone identified as a close contact by NHS Test and Trace. If you have been identified as a close contact, you are legally required to isolate at home for 10 days. If you do develop symptoms you will need to book a PCR Test via www.gov.uk/get-coronavirus-test or by calling 119.

Examples of close contact include:

- Close face to face contact (under 1 metre) for any length of time – including talking to them or coughing on them
- Being within 1 to 2 metres of each other for more than 15 minutes – including travelling in a small vehicle

Why should I get tested if I don't have symptoms?

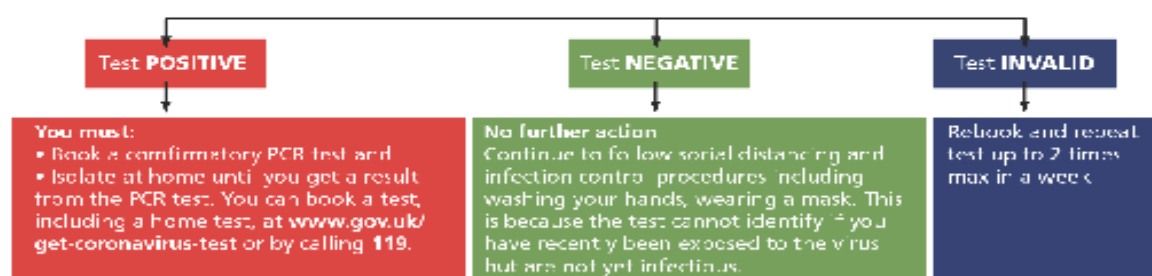
Around 1 in 3 people do not have any symptoms, but still pass it on. The rapid tests are a tool to support the efforts to control the spread of coronavirus by helping to identify residents who do not have symptoms but are passing the virus on. These tests are not for people with symptoms. If you have symptoms of coronavirus (high fever, new, continuous cough OR loss of taste or smell), book a PCR test.

I have symptoms, why can't I get a rapid test?

The rapid tests are not as effective as the PCR tests, and sometimes they do not capture positive cases. If you have symptoms, you must get a PCR test to confirm whether you are positive. The rapid tests are one of the tools we are using to catch more cases to support PCR testing.

Understanding your results

Rapid (Lateral Flow) Testing



For more information visit hounslow.gov.uk/coronavirus

What if I do not get my result?

This can happen due to processing errors with the device. If you have not received a result after over two hours, please rebook a new test and let us know when you arrive that you are taking a re-test.

How often can I get a rapid test?

If you are a key worker and continue to work outside of your home throughout lockdown, we suggest getting tested weekly.

Which test centre sites in the borough are for rapid tests and which test centre sites are for PCR tests?

Symptomatic Testing – PCR Test sites

There are daily testing bookings available at Padstow Walk in Feltham, Brabazon Road in Heston, or Regional testing at Heathrow and Twickenham.

You can also order a home test to be completed from your home or you can book a test at the Mobile Testing Unit which is in Hounslow every 3 days.

Book a symptomatic test at www.gov.uk/get-coronavirus-test or by calling 119

Asymptomatic (no symptoms) testing – rapid LDF test sites

You must not have symptoms to attend either Rapid Asymptomatic testing sites. Book an asymptomatic test at hounslow.gov.uk/rapidtest or by calling 119.

Locations:

Hounslow House 7 Bath Road Hounslow, Middx TW3 3EB	Heston Library New Heston Road TW5 0LW
Wellington Day Centre 292 Staines Road Hounslow TW4 5BA	Isleworth Library Twickenham Road Isleworth TW7 7EU

Who are the rapid LFD tests for i.e. is it just key workers or can anyone be tested?

The rapid LFD tests are for residents or people who work in Hounslow, particularly, key workers and their household. If you can't work from home, or if others in your household still go out for work, you can get a rapid LFD test regularly, even if you haven't got symptoms.

Are the tests free?

Yes!

How old do you have to be to get a Rapid LFD Test?

For these tests, you have to be over 18. If you need a test for someone under 18, book a PCR test at www.gov.uk/get-coronavirus-test.

Do I need to be tested (with a rapid test) if I've already had coronavirus?

If you have tested positive for Coronavirus through symptomatic testing (PCR) within the last 90 days, you do not need to be tested. If it has been over 90 days since your last positive test, you can take a rapid test again.

How accurate are the rapid tests?

Rapid (Lateral flow) tests used by the UK government go through a rigorous evaluation by the country's leading scientists. This means they are accurate, reliable and successfully identify those with COVID-19 who don't show symptoms and could pass on the virus without realising. Lateral flow tests can return results within 30 minutes, without needing to be sent to a lab. As this is a new programme however, if you test positive on a rapid (lateral flow) test, you are still required to book a PCR confirmatory test. There is a chance of a negative test not being totally accurate. It is important that, even if you test negative, you need to take the same precautions including hand hygiene, wearing a mask, and social distancing.



Sugary snacks and our teeth parent workshops

You are invited to join our free online parent/carer workshops!

It's absolutely essential to look after our teeth especially during the Covid-19 pandemic. These informal sessions will give you information, knowledge and ideas on how to make healthier choices for your children and family.

Topics covered:

- Brushing tips and techniques
- How to protect our teeth from sugary snacks
- Tooth-friendly foods and drinks
- Advice on visiting the dentist
- And much more!



Join our virtual workshops:

<u>19 Jan, 2021 at 10:00 AM</u>	Click on the link below and enter the passcode: https://zoom.us/j/95578693804?pwd=dE9XTmJ0NFNEZjdUd2hybEZ4WHFIZz09 Meeting ID: 955 7869 3804 Passcode: Teeth1
<u>26 Jan, 2021 at 10:00 AM</u>	Click on the link below and enter the passcode: https://zoom.us/j/95486804991?pwd=ZGh6aG8wUUIEZFRJeHRqUIBrMFZhZz09 Meeting ID: 954 8680 4991 Passcode: Teeth1
<u>02 Feb, 2021 at 10:00 AM</u>	Click on the link below and enter the passcode: https://zoom.us/j/97368863888?pwd=ROJNQk5PRTh1WHB4ZjVVGc2hjTFdBOQ09 Meeting ID: 973 6886 3888 Passcode: Teeth1
<u>09 Feb, 2021 at 10:00 AM</u>	Click on the link below and enter the passcode: https://zoom.us/j/95483407028?pwd=L2NMtkEwd2d5bHNsWmZvUEtoSG5XUT09 Meeting ID: 954 8340 7028 Passcode: Teeth1

Ghalia the Oral Health Promoter will be there to answer any questions you may have on your child's dental health.



FOLLOW US ON:

- @Healthyteethhappysmiles
- Healthy Teeth Happy Smiles
- @oralhounslow

change
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FAMILY LEARNING

SPRING WORKSHOPS AND COURSES

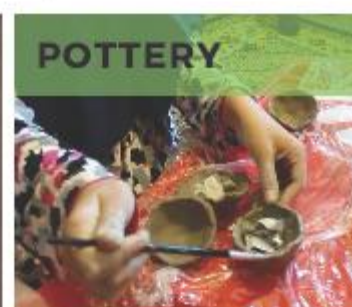
Things seem to have changed since your own schooldays. Nowadays, children are developing their knowledge and skills of the world around them in many creative ways. Do you want to enrich their education in a stimulating way, but do not know how? **Family Learning can help!**

CALL TO ENROL: 0208 583 6000

Visit our website for a full list of courses: www.hace.ac.uk
(Resources can be provided)



FAMILY CODING



POTTERY



PHOTOGRAPHY



ART & CRAFTS

