



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

Message from the Headteacher

Please find attached the powerpoint presentation from the last Headteacher Livestream.

Stars of the week

Well done to all our stars of the week! We are very proud of you!

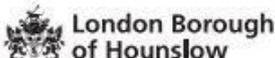
Class	Stars of the week	Description
Rothko	Edward	For fabulous work on symmetry this week. Well done, Edward!
Mondrian	Yujiro	For his consistent engagement and fabulous attitude to his online learning throughout lockdown. Well done Yujiro.
Matisse	Rocky	Rocky has spread positivity in our live lessons and has worked hard to get into his green zone of learning.
Picasso	Lorenzo	For carefully listening to and acting on feedback - specifically on his recent explanation text 'How Bees Make Honey'.
Blake	Scarlett	Scarlett has embraced home learning, asking questions that clarify learning and providing a helping hand to classmates when they have technical issues. Thank you Scarlett.
Shonibare	Oliver	For continued positivity and participation in all of our learning throughout lock down. Well done Oliver.
Riley	Wathsala	Throughout lockdown Wathsala has consistently asked questions to clarify and deepen his learning, showing maturity and a passion for knowledge which he should be proud of.

LUNCH MENU FOR WEEK BEGINNING 8th March 2021

Jacket potatoes come with a choice of fillings.
A side of salad or veg is available every day.

OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Cheese and Tomato Pizza	Pork Sausage, Mash and Baked Beans	Roast Chicken and Roast Potatoes	Beef Pasta Bolognese	Golden Fish Fingers with Chips and Baked Beans
2	Jacket Potato	Veggie Sausage, Mash and Baked Beans	Sweet Potato and Chickpea Roast with Roast Potatoes	Quorn Pasta Bolognese	Veggie Soft Taco and Chips
3			Jacket Potato	Jacket Potato	
Dessert	Secret Brownie	Summer Berry and Peach Oat Crumble and Custard	Banana Oat Bite	Ice Cream	Apricot and Carrot Slice







BE A COMMUNITY CHAMPION!

Do you live or work in Hounslow? We need your help to stop the spread of coronavirus and save lives.

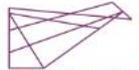
HOW DOES IT WORK? It's simple:

- You sign up to be a community champion
- We give champions the latest information about Covid-19
- Champions share the messages with people in their community, however they want.

- Champions let us know what is or isn't working and help us to dispel myths or concerns

To sign up and for more information, visit www.hounslow.gov.uk/covidcommunitychampion





FREE FAMILY LEARNING EASTER WORKSHOPS

Call to enrol: 0208 583 6000 (limited spaces)

Visit our website for a full list of courses: www.hace.ac.uk

(Some resources will be provided for free)

**MEADOWBANK TW5 9QX: DESIGN & CREATE
YOUR COSY READING PILLOW (8+ YRS)**
FRI | 10.30AM-1PM | 16/04/21

**ONLINE: NO SEW SOCK BUNNY -
CELEBRATING FESTIVALS (5+ YRS)**
THURS | 10AM-12.30PM | 1/04/21

**ONLINE: FAMILY FITNESS WORKSHOP
AT HOME (5+ YRS)**
WEDS | 10.30-11.30AM | 7/04/21 & 14/04/21

**ONLINE: CREATE SIMPLE BATH
COSMETICS (8+ YRS)**
TUES | 11AM-1PM | 13/04/21 & 13/04/21

**ONLINE: CREATE SEASONING BLEND FOR
NUTRITIOUS VEGGIES (8+ YRS)**
FRI | 11AM-12.15PM | 9/04/21 & 9/04/21



Christ Church QR Coded Trail

I am writing to let you know about an activity for anyone in the local area and would work well as an RE lesson. Christ Church W4 have put on a QR coded trail around the heart of Chiswick - there are 12 QR codes to find and the opportunity to win a prize at the end. The trail starts on the front door of Christ Church Turnham Green - scan the first QR code and away you go. At each QR code there will be a fun fact, a bit of the Easter story, a brief reflection and then a puzzle to solve (there is a hint option to press if they struggle)! So lots of fun and a geography and RE lesson roles into one!

The trail starts on Tuesday 16th February and ends on Friday 2nd April.

They will of course need a phone that can scan.

Please share with your families too especially as many will continue to learn at home.



Healthy Eating and Oral Health 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 techniques
- How to protect our teeth from sugary snacks
- Sugar awareness and healthy snacks
- Tooth-friendly foods and drinks
- Advice on visiting the dentist
- And much more!



Join our virtual workshops:

Date & Time	Zoom Link & Passcode
Tuesday 23.02.2021 at 10:30 AM	Click on the link below and enter the passcode. https://zoom.us/j/7714597430?pwd=WlI6OHZlOSVhYUJkRwZkVScjF4dz09
Wednesday 24.02.2021 at 13:30 PM	
Monday 01.03.2021 at 11:30 AM	Meeting ID: 771 459 7430 Passcode: Teeth1
Wednesday 10.03.2021 at 13:30 PM	

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



Healthy teeth workshops for children

You are invited to join our free online workshops!

Oral health is really important, especially during the Covid-19 pandemic. These informal sessions will give children knowledge and ideas on how to look after their teeth.

Topics covered:

- How to brush
- 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:

Date & Time	Zoom Link & Passcode
Wednesday 24.02.2021 at 12:30 PM	Click on the link below and enter the passcode. https://zoom.us/j/7714597430?pwd=WlI6OHZlOSVhYUJkRwZkVScjF4dz09
Thursday 25.02.2021 at 10:30 AM	
Tuesday 02.03.2021 at 13:30 PM	Meeting ID: 771 459 7430 Passcode: Teeth1
Wednesday 10.03.2021 at 11:00 AM	
Thursday 11.03.2021 at 14:00 PM	

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



FOLLOW US ON:

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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?

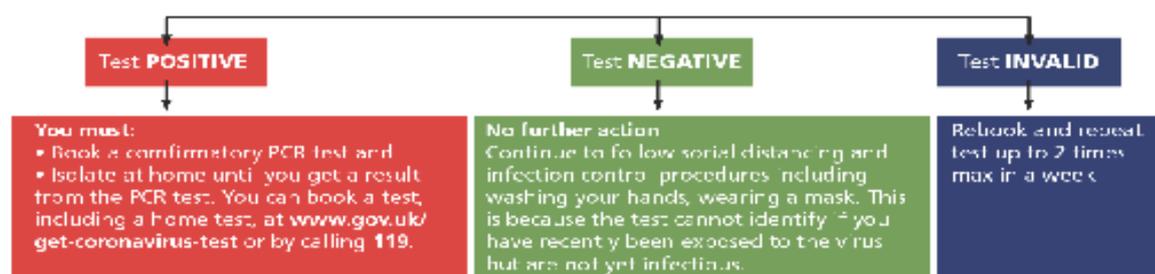
Around 1 in 3 people do not have any symptoms, but still pass it on. The rapid tests are a tool to support the efforts to control the spread of coronavirus by helping to identify residents who do not have symptoms but are passing the virus on. These tests are not for people with symptoms. If you have 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.

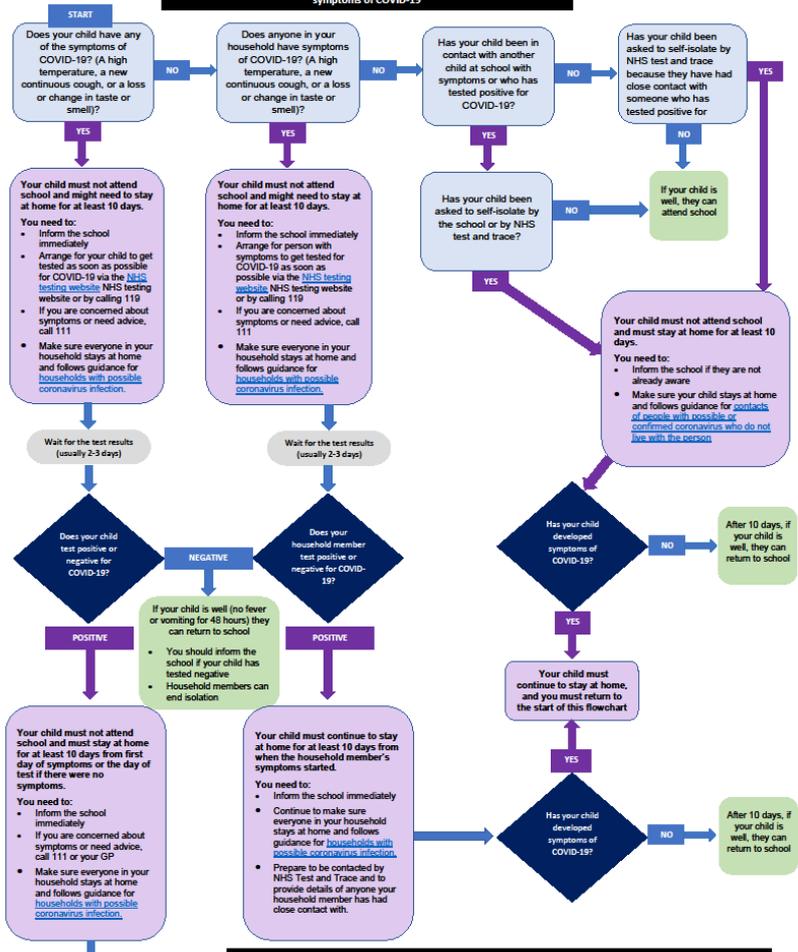
Do I need to be tested (with a rapid test) if I've already had coronavirus?

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.

Parent/Guardian: What to do if your child or someone in your household has symptoms of COVID-19



COVID-19 SYMPTOMS

At this time of year we expect colds and similar viral infections to circulate. To be clear the symptoms for COVID-19 are: Raised temperature (>37.8), a new continuous dry cough (coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours), a loss of taste or smell (cannot taste or smell anything, or things taste or smell different to normal). Your child only needs to have one symptom to stay home and seek a COVID-19 test. If you child has a runny nose and sore throat (without any of the COVID symptoms) they do not need a COVID-19 test.