



Message from the Headteacher

Dear parents and carers,

Firstly, I hope you and your family are all well.

In these uncertain times, we felt it was important to ensure that as a community we keep in regular contact. As you are aware, school is now closed to the vast majority of students although we are still providing facilities and supervision for a small number of students whose parents are key workers.

I hope you are coping well with supporting your child with their studies at home. It is important to remember that:

- Every student and their parent has a log in for **Doddle** (please see separate email to follow). This will be the primary portal used by staff to communicate what work is to be completed.
- Work will be set by teachers through Doddle. As a parent, you can log into this portal and check that your child is completing this work.
- If you have any issues, your child will be able to contact their teacher via email or one of the apps that facilitate this.

Safeguarding

- Please rest assured that all the usual iPad safeguarding measures will remain in place. This includes daily monitoring by a member of staff, and should there be any misuse or concerns that arise, you will be contacted.
- If you feel that you require additional support or have any safeguarding concerns about any children these can be reported to the local safeguarding team on: 01254 666400

General guidance re: Covid-19

- **Anyone** with a fever or persistent cough should stay at home for seven days if they live alone or 14 days if they live with others. Anyone who lives with someone displaying coronavirus symptoms should also stay at home for 14 days.
- **It is important that if someone in your household displays symptoms, they must self-isolate within the house** so they do not spread the virus to others they live with.
- People who have to isolate themselves should ask others for help.
- Everyone should stop non-essential contact and travel, working at home where possible. This is particularly important for people over 70, those with underlying health conditions and pregnant women.
- Do not visit or meet up with others outside your household. Families should allow themselves no more than one exercise session outside a day, but should keep a distance of at least two meters from others. No social gatherings should be taking place.
- Those with the most serious health conditions should be largely shielded from social contact for 12 weeks
- If you or your child feels ill and you want to know what to do next, please use NHS 111 online.
- Keep regularly washing your hands – this is one of the best ways to stop the spread of the virus.

I know these are concerning times, but if we all work together and follow the government guidance we will come through this.

I hope you enjoy reading about some of the school updates in this newsletter and that you continue to check the school website for further information.

Take care and best wishes



Mr Cocker - Headteacher

Useful Tips While Children Are At Home



Just because you are not at school doesn't mean you don't have to do PE. **Jo Wicks** (the Body coach) is streaming PE lessons at 9am via his Youtube channel <https://youtube.com/user/thebodycoach>



David Walliams is offering a different copy of one of his audible books at 11am each day. Use the following link <https://www.worldofdavidwalliams.com/elevenses/>



Staying Connected

As the school is now split and some families are at home and some families are at work we thought it would be a good idea if maybe you could send in a photo of any activities that you have been doing at home, any news from home that you would like to share. Maybe you want to send in a poem or a prayer that your child has written. They may have been baking or helping a vulnerable member of the family.

It's a chance to keep our school families informed and together during these unusual and anxious times and also for your children to read and see what their friends are up to.

Please send any photos and information to info@pleckgate.com by Thursday lunchtime. If you have any queries or questions relating to the newsletter please use the email address rather than phoning into school.



NHS Advice - Keeping Safe



catch it, bin it, kill it

If you need to cough or sneeze

- Catch it with a tissue
- Bin it
- Kill it by washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser

- After breaks & sport activities
- Before cooking & eating
- SCHOOL ETC.
- On arrival at any childcare or educational setting
- After using the toilet
- Before leaving home

Try not to touch your eyes, nose, and mouth with unwashed hands

Do not share items that come into contact with your mouth such as cups & bottles

If unwell do not share items such as bedding, dishes, pencils & towels

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus.

Do

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ wash your hands as soon as you get back home
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin immediately and wash your hands afterwards

Don't

- ✗ do not touch your eyes, nose or mouth if your hands are not clean

Stay connected and follow us on Twitter

<https://twitter.com/PleckgateHigh>