



BULLETIN

We look forward to welcoming back Year 1 and Year 5 on Thursday

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| Monday 23rd November | Send in donations for Erdington Food Bank Year 3 PE |
| Tuesday 24th November | Reception PE |
| Wednesday 25th November | Y4 PE |
| Thursday 26th November | Y1 and Y5 Classes return to school Y5 & Y6 Flute Year 2 PE |
| Friday 27th November Reminder School is closed on Monday 30th November | Year 5 PE Year 6 PE |

Brookvale Autumn Winter 2020 Menu Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|---|--|--|--|
| Hot Main Dish | Golden Fish fingers With Chips | Chicken Burger with Potato Wedges Roast chicken served in a soft bun with lettuce and mayo | Roast Chicken /Halal with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy | Beef/Halal Cottage Pie* | Cheese and Tomato pizza with Dough balls |
| Alternative Dish | Quorn Dippers With Chips | Baked Macaroni (V) Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce | Quorn Roast with Roast Potatoes and Gravy (V) A chunky sweet potato and chickpea roast | Hotdog Veggie with Potato Wedges (V) Our favourite veggie hotdog served with ketchup in a soft sub roll | Veggie Sausage with Mash and Gravy |
| Third Choice | | Jacket Potato with Salmon Mayonnaise *** | | | |
| Pasta | Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta | | | | |
| Vegetables | Baked Beans/Peas | Peas Broccoli | Carrots Cabbage | Broccoli Sweetcorn | Baked Beans Peas |
| Desserts | Strawberry swirl Sponge | Raspberry Ripple Ice Cream | Shortbread biscuit with strawberry slices | Summer Berry & Apple Oaty Crumble* with Custard | Secret Brownie |

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

Procedures during COVID

Following the closure of two classes this week, we would like to take the opportunity to remind you of the Stringent protocols that we have in place:

- **Staggered breaks and lunches.**
- **No mixing of class bubbles.**
- **Additional cleaning cycles taking place throughout the day.**
- **Limiting item's in school from home.**
- **School bags in school on limited days.**
- **Disposable packaging for packed lunches.**
- **Forgotten items not being brought in during the school day.**
- **No visitors/volunteers in school.**

At this time, it is important that we work together, as a community, to keep each other safe. We therefore kindly ask that you adhere to the following:

- **All parents/carers, who are not medically exempt, should wear a face mask/covering when on site at all times.**
- **Maintain social distancing at all times (2 metres) and respect people's right to stay safe, i.e., do not try to enter a gate if someone is already exiting.**
- **Use the correct gate at drop off/collection time for your child. This will ensure bubbles do not cross.**

| Drop Off | Front Entrance | Rear Entrance |
|-----------------|---|----------------------|
| 8:35am | Year 3 | Year 1 Year 4 |
| 8:40am | | Year 2 |
| 8:45am | Reception (via the pedestrian gate) Year 5 (via the car gate) | Year 6 |

| Collection | Front Entrance | Rear Entrance |
|-------------------|--|----------------------|
| 3:15pm | Reception (via the pedestrian gate) | Year 1 Year 4 |
| 3:20pm | Year 3 | Year 2 |
| 3:25pm | Year 5 (via the car park gate) | Year 6 |

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, they **must not** come to school a COVID test **must be booked immediately**, this can be arranged via

<https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

All household members should isolate until you are notified of the test results. This includes anyone in your 'Support Bubble'.

If the result is positive the household must continue to isolate for a total of 14 days—Isolation is 10 days for the person who has tested positive.

Further information is available at:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

The 14-day period starts from the day when the first person in the house became ill.

Household members should not go to work, school or public areas and exercise should be taken within the home.

PLEASE inform school of any symptoms or tests taken that effect your household as we must record this.

If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from the nhs.uk website at

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>.

If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at **<https://111.nhs.uk/> or by phoning 111.**

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

- 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 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.

Further Information

Further information is available at **<https://www.nhs.uk/conditions/coronavirus-covid-19/>**

Pause.

Need someone to talk to?
Struggling to cope with feelings?
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed.
Register for support via our website:
www.forwardthinkingbirmingham.org.uk/services/13-pause

Or call [0207 841 4470](tel:02078414470) and we will arrange for one of our friendly staff to call you back.

Who can use us?

You can use us if you have a Birmingham GP and are:

- Under 25 years old (If you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

How can we help?

We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

Our Opening Hours:

Monday to Friday: 10am-6pm, Saturdays: 10am-5pm.
We are closed on Sundays and Bank Holidays.

