

COVID

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 and should remain at home for at least **10 days** from the date when their symptoms appeared. Anyone with symptoms will be eligible for a PCR test (the normally available test type) and this can be arranged via:

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

All other household members who remain well, must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.

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 household isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms) and the next 10 full days. This means that if, for example, your 10 day isolation period starts on the 15th of the month, your isolation period ends at 23:59 hrs on the 25th and you can return to your normal routine.

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

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 10 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)

Headache and or body aches

Due to high increase in positive cases in school, if your child is off sick we suggest that they are tested for COVID.

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

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 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/>

Unfortunately, due to the rise in numbers of COVID we have had to isolate 3 year groups this week.

It is imperative that we continue to work together as a community in order to keep school open, children, families and staff safe.

Please ensure that you adhere to the guidelines that have been implemented following government advice (please see the page 2) **including wearing a mask whilst on school grounds at all times** unless you are exempt, in which case we request that you wear your lanyard showing your exemption.

Please ensure that your child is on time and using the correct entrance (stated below) in order to maintain safety in school and to avoid bubbles crossing.

**PE Kits are only to be brought into school on PE day.
Please ensure that PE kits are washed between each lesson.**

REMINDER

Any forgotten items such as water bottles and PE kits CANNOT be brought into school throughout the day.

If any household member displays any symptoms please call 119 to book a test, isolate as a household and INFORM SCHOOL IMMEDIATELY.

If your child is tested, you must provide the result of a negative PCR test before your child can return to school.

Reception Bubble (Side entrance) Start time: 8.45am Finish time: 3.20pm	
Year 1 Bubble (Year 1 entrance) Start time: 8.35am Finish time: 3.15pm	Year 2 Bubble (Rear entrance) Start time: 8.40am Finish time: 3.20pm
Year 3 Bubble (Front entrance) Start time: 8.40am Finish time: 3.20pm	Year 4 Bubble (Rear entrance) Start time: 8.35am Finish time: 3.15pm
Year 5 Bubble (Front entrance) Start time: 8.45am Finish time: 3.25pm	Year 6 Bubble (Rear entrance) Start time: 8.45am Finish time: 3.25pm

Please contact the school office if you have any queries or concerns.



BROOKVALE PRIMARY SCHOOL



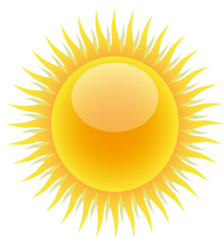
BULLETIN

Website: brkvale.bham.sch.uk

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Brookvale Primary
@BPS_B23



Monday 5th July	SCHOOL CLOSED TEACHER TRAINING DAY
Tuesday 6th July Y2 Back to School	Wake up shake up in Breakfast Club Y1 PE Y4 PE Y4 Afterschool Multi-Sports Club
Wednesday 7th July	OFFICE CLOSED 9.45AM—1PM Please email if you have any queries Wake up shake up in Breakfast Club Y4 Keyboard in class Y3 PE Y2 PE Y3 Afterschool Multi-Sports Club
Thursday 8th July	Wake up shake up in Breakfast Club Y6 PE Y6 Puberty class with Ourplace
Friday 9th July	



School closes for the Summer on
Tuesday 20th July at 1pm
Children return to school on Monday 6th September



Please send any food donations into class for
Erdington Food Bank
Donations will be collected Wednesday 14th July
Thank you for everyone who has supported this collection

Spring & Summer 2021 Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Golden Fish Fingers with Chips	Sausage /Halal and Mash with Gravy	Roast Turkey/Halal with Roast Potatoes and Gravy	Pasta Bolognese/Halal With Garlic Bread	Cheese and Tomato Pizza with ½ Jacket Potato
Alternative Dish	Beany Burger with Chips (V)	Quorn Bolognese ** (V)	Quorn Roast with Roast Potatoes and Gravy (V)	Mild Chickpea and sweet potato curry with Rice	Chinese Veggie Noodles (V)
Jacket Potato	Jacket Potato With A Choice Of Fillings (Cheese, Tuna or Beans) /				
Vegetables	Baked Beans/Peas	Peas/Carrots	Carrots/Cabbage	Sweetcorn/Peas	Baked Beans/Peas
Desserts	Vanilla Ice cream	Peach & Pineapple with Custard	Flapjack With Fruit Slices *	Crunchy Chocolate Biscuit	Raspberry Yoghurt
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

You have up to midnight the day before if you wish to book a school meal.

If you do not book a meal please send your child to school with a healthy packed lunch.

PLEASE ENSURE that lunches DO NOT CONTAIN NUTS of any kind - including chocolate spread.

Changes to ordering school meals from September 2021

From September we will no longer be using SCHOOLMONEY/EDUSPOT.

We will have a new system in place for booking school meals, you will be sent new log in details and a user guide soon. You will not be able to book any meals until 2nd September when the system goes live, Mrs Coulson will be in school and available to help if needed.

All Key-Stage 1 (Reception, Y1 & Y2) children are provided a Universal FREE School Meal which will no longer have to be booked on the new system (this can be automatically done if your child has a school meal everyday) From September we encourage all Key Stage 1 parents to use this option instead of providing a packed lunch.

By having a school meal your child will experience new food that they may not otherwise try at home as well as having a nutritionally balanced meal ensuring that they remain alert during the school day which supports their learning.