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Withernsea Primary School



‘Welcoming, Positive, Successful’

December 2020 Newsletter



Well, we have reached December in a year like no other. Whilst Christmas may not be the same we can still open those advent calendars and start the countdown!

In school, we won't be doing any concerts or events, as like everything else things have had to be altered. Please can children only send Christmas cards/gifts to their class and not to different classes, and bring them in on Monday 14th and Tuesday 15th December so we can leave them in a safe place for 72 hours, to give them out before the end of term.

We now know what the government guidance is for Christmas and it cannot be a normal one. We can meet with some friends and family over the Christmas period, but we need to think carefully about the risks to our family members. Older people are particularly vulnerable to this disease, most children get very mild or few symptoms but not parents and grandparents – they can be very ill. Please think carefully when planning family celebrations, we need to look after our entire community. Whilst we might be desperate for family get togethers, please consider all of your family members and any particular vulnerabilities that might pose higher risks and consider their safety. However, there does seem to be hope on the horizon with vaccines and when we get to spring, being outdoors will make all the difference.

On behalf of all the staff and Governors and Trust we would like to wish everyone Seasons Greetings and a Happy New Year! We thank you for all the support and encouragement that you have given the school and the children over this past very difficult year and look forward to a hopefully a very different 2021.

We appreciate our partnership with parents and carers and hope that together we ensure all our children achieve well. A particular thank you to all the parents and family members that found themselves as teachers this year, thank you to the support you have given your children and the school.

Thank you - Merry Christmas and Happy New Year!

(Whilst the dojo is very useful – we will be giving it, us, and you a rest! We will read messages up to and including Tuesday 22nd December in case any one develops symptoms over the weekend and it might involve having to ask people to self-isolate after any positive test results. After that we will not be reading it again until Monday 4th January – the children return on 5th January- thank you.)

Head lice (will not be taking a Christmas Holiday)

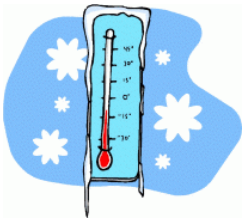
Please can everyone 'Once a week take a peek' - to try and eradicate this problem. It is really important that parents do not do a one-off treatment and think they have solved the problem as lotions tend to kill the lice but not always the eggs. It only takes one egg to get missed, hatch and off the whole cycle goes again. Head lice prolifically lay eggs. It is also important to check the whole family including adults and to be aware it is a community issue.



REMEMBER
ONCE A WEEK,
TAKE A PEEK



Winter / Weather Protocol



We hope the weather remains reasonable and does not cause major disruptive problems. However, there is always the possibility of anything given the weather! Should there be major snow or flooding disruption, we would send you a text if it affects school. Please also make sure we have your most up-to-date mobile number; also we would put relevant messages on Radio HumberSide.

We will use the dojo school story as a message as well.

Please can we ask that all children come to school suitably dressed for the cold weather. Unless it is raining, we do go outside at playtimes and lunchtimes for fresh air and to run-around. If your child comes to school in wellington boots, can you please make sure he/she has a change of footwear for indoors - thank you.



Breakfast Club

This will continue 7.45am - 8.45am every morning. Breakfast club is chargeable at £2.50 per day and registration forms will need to be completed and signed for. If you would like to use the club, sessions do need to be booked in advance - please contact the North Office to arrange.



Universal / Free School Meals



Menus are available on school site and class dojo.

If you are eligible for Free School Meals or your family circumstances change and you become eligible, please make sure that you claim as your child would have the option of taking a free meal. Pupil Premium paid into schools is based on the number of pupils eligible for Free School Meals. This will directly affect the money paid into school to spend on staffing and resources. In these stringent economic times every penny counts and it is important we have the money which school is entitled to have to best support our children. If you

look on our school website it goes into detail about how we spend our Pupil Premium money and also the impact and the difference it is making. The Government currently fund free school meals for children in Early Years Foundation Stage to Year 2.

From Year 3 upwards children must pay for meals unless entitled to receive free school meals. The cost per week is £11.00, £2.20 per day. (Please make cheques payable to Withernsea Primary School). If you would like to pay using our secure online payment system SIMS Pay, please contact the school office to arrange – thank you.

Poppy Appeal

We raised a grand total of **£185.43** – thank you for your support.



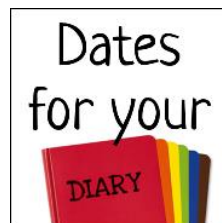


Non-uniform day – Children in Need

We raised a grand total of **£451.46** – thank you for your support.

Christmas Jumper Day

Friday 11th December is Christmas Jumper Day. Children can come to school in non-uniform on the day and bring £1 to donate. Thank you for your support for this vital UK charity.



School year – 2020-2021

	Autumn 2020	Spring 2021	Summer 2021
Open	Mon 7th September	Tue 5th January	Mon 12th April
Close half term	Wed 21st October	Fri 12th February	Thu 27th May
Open	Mon 2nd November	Tue 23th February	Wed 9th June
End of term	Fri 18th December	Fri 26th March	Wed 21st July



Allergies – Food in School

There are many opportunities in the year for children to participate in cookery and food tasting. They also take part in parties and various special events and activities when party food is available. When parents contribute food items we always ask for shop bought produce to ensure ingredients are clearly labelled.

Please also be aware that children often share cakes, buns and sweets to celebrate their birthdays.

Please contact your class teacher if your child has any allergies we should be aware of. If we do not receive any information, we will presume you give permission for your child to take part in food related activities.

IMPORTANT

Please be aware
our food may
contain the
following:

14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 1 Celery**
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
- 2 Cereals containing gluten**
Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- 3 Crustaceans**
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
- 4 Eggs**
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- 5 Fish**
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6 Lupin**
Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
- 7 Milk**
Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
- 8 Molluscs**
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
- 9 Mustard**
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
- 10 Nuts**
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
- 11 Peanuts**
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
- 12 Sesame seeds**
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
- 13 Soya**
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
- 14 Sulphur dioxide (sometimes known as sulphites)**
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

Tier Three information

We have been placed in Tier Three for at least the next fortnight – please be aware of what we can and can't do in this Tier, we will only go down a Tier when the actions we take reduce the infection rate. Once that happens we can enjoy further freedoms

These are the main details from the GOV.uk website (full guidance is available on the government website)

Across all tiers, everyone:

- Must [wear a face covering](#) in most indoor public settings, unless they have an exemption
- Should follow the [rules on meeting others safely](#)
- Should attend school or college as normal, unless they are self-isolating. Schools, universities, colleges and early years settings remain open in all tiers
- Should walk or cycle where possible, plan ahead and avoid busy times and routes when travelling

Tier 3: Very High alert

This is for areas with a very high or very rapidly rising level of infections, where tighter restrictions are in place.

In tier 3:

- **You must not meet socially indoors or in most outdoor places with anybody you do not live with, or who is not in your support bubble, this includes in any private garden or at most outdoor venues**
- **You must not socialise in a group of more than 6** in some other outdoor public spaces, including parks, beaches, countryside accessible to the public, a public garden, grounds of a heritage site or castle, or a sports facility – this is called the 'rule of 6'
- Hospitality settings, such as bars (including shisha venues), pubs, cafes and restaurants are closed – they are permitted to continue sales by takeaway, click-and-collect, drive-through or delivery services.
- Accommodation such as hotels, B&Bs, campsites, and guest houses must close. There are several exemptions, such as for those who use these venues as their main residence, and those requiring the venues where it is reasonably necessary for work or education and training
- Indoor entertainment and tourist venues must close. This includes:
 - indoor play centres and areas, including trampolining parks and soft play
 - casinos
 - bingo halls
 - bowling alleys
 - skating rinks
 - amusement arcades and adult gaming centres
 - laser quests and escape rooms
 - cinemas, theatres and concert halls
 - snooker halls

- Indoor attractions at mostly outdoor entertainment venues must also close (indoor shops, through-ways and public toilets at such attractions can remain open). This includes indoor attractions within:
 - zoos, safari parks, and wildlife reserves
 - aquariums, visitor attractions at farms, and other animal attractions
 - model villages
 - museums, galleries and sculpture parks
 - botanical gardens, biomes or greenhouses
 - theme parks, circuses, fairgrounds and funfairs
 - visitor attractions at film studios, heritage sites such as castles and stately homes
 - landmarks including observation decks and viewing platforms
- Leisure and sports facilities may continue to stay open, but group exercise classes (including fitness and dance) should not go ahead. Saunas and steam rooms should close
- There should be no public attendance at spectator sport or indoor performances and large business events should not be taking place. Elite sport events may continue to take place without spectators
- Large outdoor events (performances and shows) should not take place, with the exception of drive-in events
- Places of worship remain open, but you must not attend with or socialise with anyone outside of your household or support bubble while you are there, unless a legal exemption applies
- [Weddings](#) and [funerals](#) can go ahead with restrictions on the number of attendees – 15 people can attend wedding ceremonies, wedding receptions are not allowed, 30 people can attend funeral ceremonies, 15 people can attend linked commemorative events
- Organised outdoor sport, and physical activity and exercise classes can continue, however higher-risk contact activity should not take place
- Organised indoor sport, physical activity and exercise classes cannot take place indoors. There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s
- You can continue to travel to venues or amenities which are open, but should aim to reduce the number of journeys you make where possible
- Avoid travelling to other parts of the UK, including for overnight stays other than where necessary, such as for work, education, youth services, to receive medical treatment, or because of caring responsibilities. You can travel through other areas as part of a longer journey
- For international travel see the Foreign, Commonwealth and Development Office [travel advice](#) for your destination and the [travel corridors list](#).