



Good afternoon everyone

## COVID 19

A reminder of current guidance for Covid self-isolation:

- **Positive cases** are advised to self-isolate for 10 days. However, if the individual returns two consecutive negative LFD tests taken at least 24 hours apart with the first test no earlier than day 6 they may end isolation before the end of the 10 day period if they have no fever.
- **Close contacts, both household and non-household** who are fully vaccinated, having received three doses of the vaccination (plus 14 days) or are aged under 18 years and 4 months, can take daily LFD tests for seven days instead of isolation - provided the tests are negative and they remains without symptoms. If someone has not received three doses of the vaccination, they will need to book a PCR test and even if this is a negative result, they will need to isolate for 10 days. Contacts aged under five years are not required to undertake daily LFD testing. They should be encouraged, but are not required to, take a one-off LFD test before ending isolation. If any contact develops symptoms at any point during or after the post-contact period, they should take a PCR test.
- **Advice on confirmatory PCR tests:** where people test positive on a lateral flow device (LFD) test they are now not advised to get a PCR test to confirm infection, unless advised by a clinician, but to follow isolation advice as it applies to them as a positive case. There is an exception for people who may be eligible for the Self-Isolation Support Grant who are advised to take a PCR test to ensure they can confirm their infection to be potentially eligible for financial support. If someone with Covid symptoms tests negative on a LFD they should disregard this and undertake a PCR.

Up to date guidance can be found at NHS inform [here](#)

## LANGUAGE LEADERS

The Language Leaders have started corresponding with a Primary school in Limoges, France. They enjoyed reading their letters and learning about their likes and dislikes. We have returned the compliment and have written some letters to them in French. Primary 5 decided to create a school fact file to give our French friends some information about life at Uplawmoor Primary. We look forward to hearing from our new French friends very soon!

## CLYDE IN THE CLASSROOM

There are 200 new additions to P5-7 in the form of brown trout eggs. They will be looked after by both classes until they are released into our local burn. William from the Clyde River Foundation came to talk to the children about how to care for the eggs.

The children are in charge of keeping the water tank at a certain temperature and ensure the tank is kept clean.

Over the next 6 weeks the eggs will hatch and then we will be able to release them into the wild.

## ACHIEVEMENTS

As you know, we celebrate all of our achievements in school and the children are awarded certificates for our wall display and some are tweeted [@UplawmoorPS](#) too. Understandably, we haven't been hearing as much about achievements from home. Please drop us an email to share your child's achievements with us. This could be an award at the Brownies, Guides,

Scouts, BB or an award from Sports Clubs they may attend or it can be something they have achieved at home e.g. learning to tie laces, growing things in the garden, trying something new. If you are happy to do so, please send a photograph along with your email and let us know if you are happy for us to share it on twitter. We have many talented children in the school and we want to share their achievements with our school community.

### **P1 REGISTRATION**

Just a reminder that registration for children who are eligible to start school in August 2022 closes today, 21<sup>st</sup> January 2022. Registration is through online application and can be found [here](#).

### **HOMEWORK CONSULTATION**

We have completed our Homework Consultation. The Parent Focus Group will be meeting, online, on Monday evening to look at the responses and to consider the views from everyone when creating our new Homework Guidance. Thank you to everyone who took time to complete the questionnaire as your views supports us in meeting or setting our School Improvement Priorities. A copy of our current Improvement Priorities can be found [here](#).

### **EQUALITIES**

We are looking to create a group from our school community to include children, parents and teachers to ensure that everyone is treated fairly, encouraged to contribute and enable to enjoy the benefits of being part of our community

### **PARKING**

We have again had concerns raised by some of our neighbours in relation to inconsiderate parking. Our neighbours are asking that we are all considerate and allow them access to their driveways. Even parking for a short period of time over a driveway can cause unnecessary upset. Can I also remind you that the school car park is for **STAFF ONLY** and should not be accessed at any time for any reason? We have children and adults crossing the car park between the school and the annexe and we want to ensure their safety at all times. In addition, when the car park is full, there is little room to manoeuvre.

### **NEW PARENTING PROGRAMME**

We have been asked to share that an online Psychology of Parenting Programme (PoPP) is starting at the end of January. This council run programme is aimed at parents of children aged 2-8 however, they can also direct all parents, regardless of the age of the child, to useful resources and information. PoPP helps parents develop strategies to support their children's behaviour and development. PoPP can offer you simple tips to help manage the big and small challenges of family life such as tantrums, bedtime routines or fussy eating. For more information, or to book a place, call Samantha on 07393752548 or email [Popp@eastrenfrewshire.gov.uk](mailto:Popp@eastrenfrewshire.gov.uk)

Please do not hesitate to contact us. Remember no question or problem is too small to discuss with us.

Best Regards



Fiona McKay  
**Head Teacher**