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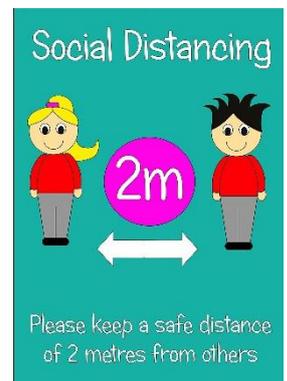
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It is hard to believe we have reached the end of our first school term. I am sure, like us, you will all have been relieved to hear the First Minister say that schools will not form part of the enhanced measures that are being put in place over the next few weeks.

Social Distancing

We received some negative coverage in the local press recently which claimed that they had received a report about “hundreds” of parents congregating outside Newark and St Michael’s schools with no social distancing. Whilst I do not believe this to be the case, I do believe that the situation could be better. In the mornings, if you need to walk your child to school, we advise that you take a “drop and go” approach. Once they have entered the school grounds please do not wait until the line goes in. This helps to improve access on the pavements for those who are still arriving. At the end of the school day, please use the markings that have been painted on the pavements to create a safe 2 metre distance between yourself and the next person. There are clear markers inside the school grounds for the parents of pupils in Primaries 1-3. Please do not congregate in the area at the outside the gate at the lower end of Cardross Avenue. This is perhaps where we see the highest volume of adults with the least social distancing being observed. Please remember that only one adult per child should be present. If your child is old enough, please consider arranging a safe meeting point which is not directly outside the school. It is so important that everyone plays their part in keeping our community safe.



Staffing Update



We have had another addition to our teaching staff team. Miss Alison Ball will be working with us on a part time basis and will be teaching a range of classes across the school. We extend a very warm welcome to her.

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Baby News!

Congratulations to Mrs Moses and her husband on the birth of their daughter, Emily. We are absolutely delighted for them. They are all doing very well!



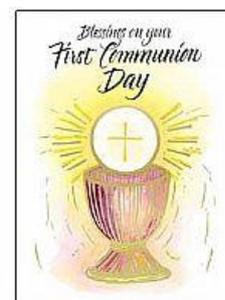
Phone Calls to Parents



Yesterday we completed our calls to parents giving you an update on how your child is settling back in to school life and how their learning is progressing. We hope you found your call helpful. Apologies to those parents who were affected by our phone lines going down. Staff had to switch calls to their mobiles which brought a few challenges but we got there in the end. At the beginning of next term we will send home your child' Literacy, Numeracy and Health and Wellbeing targets. You will receive a written update on the progress that is made before the end of term.

First Communion

Congratulations to our P5 pupils who received the Sacrament of the Eucharist recently. It was a really beautiful day and one of great joy for the children and their families. Thank you to all parents, staff, Father Chima and the parishioners of Holy Family Church for making the day so special.



Relaxed School Uniform

There has been no change in the guidance from the Scottish Government regarding PE lessons which means our lessons will continue to be outdoors when we return in the new term. We had intended to consult with you this month regarding a possible return to a full, formal uniform, however, as guidance remains unchanged we propose to continue with the relaxed uniform in the new term. Please respond to this proposal using the following link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQctawUZKYD9UY8nNv9Mmi0nIL2n0pUOVZMT1RaRE5HWUFLSVozRzQ1TUJIODJGWC4u>

Please remember that the relaxed approach refers to wearing of joggers or leggings during the school day. School uniform should still be worn on the upper part of the body

- white shirt with school tie
- white polo shirt – school logo is not compulsory
- maroon cardigan, jumper, slip over or sweatshirt – school logo is not compulsory

Track suit tops and branded sportswear are not part of our relaxed uniform and we ask that they are not worn to school.

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Healthy Snacks and Drinks



As a health promoting school we encourage the children to bring healthy snacks and drinks to school. Fizzy and energy drinks are not permitted. During the school day the children can keep a bottle of water on their desk to help keep them hydrated. Other drinks, eg diluted juice, are permitted at break times but not during the school day. This guidance is set nationally and must be followed by schools.

Forthcoming holiday and In Service Day

Our school closes tomorrow at 3.05pm for the October break. The school will reopen to pupils on Tuesday 20th October at 9.05am as Monday 19th is an In Service day for staff. Please continue to send your child to school as close to bell time as possible as we still do not have opportunities for play before the school day begins. There will also be no change to our playtime and lunchtime procedures.

Each class will continue to play within their own class bubble. We are still being advised to keep classrooms well ventilated, even as the weather starts to change. Please make sure your child has their school jumper, cardigan or sweatshirt to keep them warm; an additional layer could be kept in school bags in case they are required.

We hope that everyone has a very enjoyable break and keeps safe during this time.

**october
holiday
week**

Reminder of COVID symptoms and the importance of self isolating

It is important that all of us – including those who make up the community around a school - are vigilant for the symptoms of COVID-19 and understand what actions we should take if someone develops them, either at school or at home.

The main symptoms to be aware of are:

- new continuous cough
- fever/high temperature
- loss of, or change in, sense of smell or taste

If a young person or a child in your care develops any of the above symptoms, they should self-isolate and you should book them a test as soon as possible at www.NHSinform.scot/test-and-protect

It is essential that people who have COVID-19 symptoms, or who share a household with someone who has symptoms, do not attend school, nursery or other childcare settings, and must self-isolate along with all members of their household. If the test is negative, self-isolation can end for everyone. If the test is positive, Test and Protect will give you further advice.

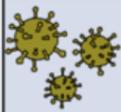
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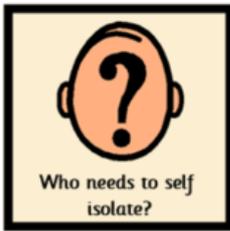
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Self Isolating



Who needs to self isolate?



someone who tests positive for Covid-19



someone with any Covid-19 symptoms



someone in the same household tests positive



close contact with someone who tests positive



How to self isolate



Stay at least 2 metres away from others.



Stay in a different room from others.



Sleep alone.



Clean bathroom and surfaces every



Spend as little time as possible in shared



Use kitchen when others are not in it.



Use a separate towel.



Clean kitchen and surfaces every day.



You must



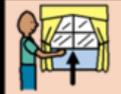
You should



You must not



Stay home.



Try to keep windows open.



Go to work at workplace.



Physical distance from others.



Try to stay away from others.



Touch face, especially mouth, nose and eyes.



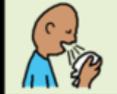
Wash hands regularly.



Shop online.



Go to shops.



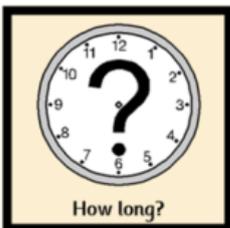
Sneeze or cough into a tissue then bin it.



Ask for help if you need it.



Leave your house (except for your garden)



How long?

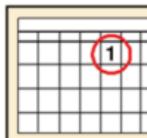


Immediately after a negative test result and not a 'close contact' of a confirmed case.

Su M T W At least 10 days after start of symptoms.
Th F Sa



14 days if someone else tests positive in household.



Time given by NHS.

Made with Boardmaker and PCS by NLC Communication Friendly @SchoolsNlc



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