



**We learn together, we play together, we pray together,
we grow together in the love of God**

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SPRING TERM 2022

Friday 21st January

Dear Parents and Carers,

On Monday, the children celebrated Martin Luther King Day; it is officially celebrated on the third Monday in January, the day nearest to his birthday on 15th January. Martin Luther King Day celebrates the life of this remarkable American civil rights activist and his vision of racial equality. In 1963 he delivered one of the most famous speeches to over 250,000 people; *"I have a dream that one day . . . little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers."* Our pupils also learnt about Paul Stephenson, who, in 1964, refused to leave a Bristol pub when he was told to get out because of the colour of his skin; he was arrested and subsequently tried. The charges against him were dismissed and in 1965 the first Race Relations Act was brought in, outlawing discrimination in public places.

The children continued exploring the themes of equality and belonging when they learnt about the worldwide Synod 2021-2023. In October 2021, Pope Francis blessed the opening of the worldwide Synod and he asked all Catholics around the world to think about how the Church can reach out to those who do not feel welcomed or valued. The children considered how we can listen to these people and include them; they thought about what they would like their dream Church to be like. A summary of the children's responses will be forwarded to the Diocese of Westminster in time for the Pre-Synod gathering on 19th February. For further information about the synod please visit <https://rcdow.org.uk/synod/>. The entire people of God are being called to contribute to a process by which the Church deepens in understanding of her mission and looks towards the future.

In last week's newsletter I invited parents to attend an Online Safety workshop delivered by Education Child Protection (ECP) Ltd. Due to the rise of positive COVID cases in the school, we will be postponing this meeting for the time being. We will let you know when this workshop has been rescheduled.

If any parents have some spare time and would like to volunteer to come in and support the school – you would be very welcome (once the number of positive COVID cases in the school starts to fall). We are looking for enthusiastic parents who could help with displays and photocopying resources; if you have some spare time and would like to help, please do get in contact with myself or Mr Troy.

Have a lovely weekend.

Barbara Costa

The Wednesday Word

In this Sunday's Gospel, we are reminded that Jesus brings Good News to everyone.

We can at all times be blinded by selfishness or jealousy, be prisoners to guilt or worry, or be oppressed by bad habits. But Jesus has come to set us free, to help us renew our relationship with God and to enrich our relationships with each other.

Today, our schools and parishes continue Jesus' work, sharing the Good News of the Gospel so that people of the world can know God's love for them. The Good News is for you and me – Here! Now! We need only to be open to God's Spirit. Enjoy exploring this Sunday's Gospel and this Wednesday's words, which are Good NEWS.

<https://www.paperturn-view.com/uk/wednesday-word/good-news?pid=MTA101634&v=49.4>

Birthday Treats

Please note that if it is your child's birthday we ask that, rather than bringing in sweets or treats, a book, or book token, is donated to the school.

Packed Lunch Guidelines

To ensure that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritional food that is similar to the food we serve in school (which is regulated by national standards), the school has created *Good Practice Packed Lunch Guidelines*; these were emailed to all parents last week and I have attached a copy of the guidelines to the end of the newsletter.

These guidelines were drawn up using information from the Department for Education and the School Food Plan website; they are based on the School Food Standards. The School Food Standards are a set of standards for all food served in schools and they became mandatory in January 2015. Parents should adhere to these guidelines when preparing their child's packed lunch. **The children should not be bringing in crisps or sweets in their packed lunch boxes.**

Online Safety – WhatsApp

WhatsApp is widely used by children to communicate with individual friends and as part of groups. However, a risk for children and young people using WhatsApp is being added to group chats where they don't know the others in the group, which may increase the chance they come across upsetting or disturbing messages. To prevent your child being added to groups by people they don't know, you can change the group chat settings from 'Everyone' to 'My Contacts Except...'. This setting means only your child's phone contacts except those that you select can add them to groups. By selecting all contacts, it means that nobody should be able to add your child to a group chat without first sending them an invitation.

COVID-19 update

From 11 January in England, people who receive positive lateral flow device (LFD) test results for coronavirus (COVID-19) will be required to self-isolate immediately and won't be required to take a confirmatory PCR test.

This is a temporary measure while COVID-19 rates remain high across the UK. Whilst levels of COVID-19 are high, the vast majority of people with positive LFD results can be confident that they have COVID-19.

Lateral flow tests are taken by people who do not have COVID-19 symptoms.

Anyone who develops 1 of the 3 main COVID-19 symptoms should stay at home and self-isolate and take a PCR test. They must self-isolate if they get a positive test result, even if they have had a recent negative lateral flow test.

Under this new approach, anyone who receives a positive LFD test result should report their result on GOV.UK and must self-isolate immediately but will not need to take a follow-up PCR test. After reporting a positive LFD test result, they will be contacted by NHS Test and Trace so that their contacts can be traced and must continue to self-isolate.

There are a few exceptions to this revised approach; for further information regarding the exceptions please visit <https://www.gov.uk/government/news/confirmatory-pcr-tests-to-be-temporarily-suspended-for-positive-lateral-flow-test-results>

Individuals may now take LFD tests on day 5 and day 6 of their self-isolation period. Those who receive two negative test results are no longer required to complete 10 full days of self-isolation. The DfE has clarified that this approach applies to staff and students in schools and education settings to ensure that children can return to their education as soon as possible after isolation. The first test must be taken no earlier than day 5 of the self-isolation period and tests must be taken 24 hours apart. This also applies to children under 5, with LFD testing at parental or guardian discretion. If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result and return to your education or childcare setting.

My child has one or more of the three main symptoms, what should I do?

Your child must take a PCR test and isolate (and not come to school) until the results are received.

You need to forward the PCR results from the NHS to the school office.

If the result is negative, your child may return to school.

If the result is positive, your child must self-isolate and not attend school.

My child has no symptoms but has received a positive result on a lateral flow test – what should I do?

You must report the positive result on <https://www.gov.uk/report-covid19-result> and forward the confirmation email/text from the NHS to the school. Your child must self isolate and not come to school.

My child has been isolating (following a positive test result), and has now received a negative lateral flow test on day 5 and day 6, can they return to school?

Both negative test results must be reported on <https://www.gov.uk/report-covid19-result> and the email/text confirmation of the results from the NHS must be forwarded to the school office before your child returns to school.



Reception	Vanessa for sequencing the story of the Epiphany using pictures. Lili for her great work in maths. She is now able to identify pairs of numbers that add up to 5.
Year 1	Gabriela for brilliant effort and listening in all lessons. Ted for always having a positive attitude to learning and working so hard in phonics.
Year 2	Emily for her improved concentration and for working hard in all her lessons. Rafael for working diligently in his lessons and for his improved attitude towards his learning.
Year 3	Olivia for excellent home-learning. Annaliese for lovely manners with adults around the school.
Year 4	Lily for working collaboratively in her learning and sharing her ideas confidently. Nathan for settling into our school so quickly and becoming a part of Year 4 really well.
Year 5	Elizabeth for her excellent progress and attitude to her learning. Seamus for his enthusiasm in class and for participating in all class discussions.
Year 6	Vinnie for the maturity and responsibility you displayed during the bike-ability sessions. Margaret for showing great effort and perseverance – well done!
<i>The Golden Ticket Winners are:</i> Taybah Y1 Samyar Y4	

Dates for your diary

Mon 31 st Jan	Y3 History workshop Y4 History workshop
Tues 1 st Feb	3.45pm--4.45pm Parents Online Safety Meeting - postponed
Wed 2 nd Feb	Y6 trip to RAF museum
Mon 7th – Fri 11th Feb Children's Mental Health Week	
Tues 8 th Feb	Safer Internet day
Mon 14 th Feb - Fri 18 th Feb Inclusive – Half term	
Fri 25 th Feb	Change of date* Reception and Y6 Height and Weight check
Fri 1 st April	Last day of Spring term 1pm finish
Tues 19 th April	First day of summer term
Mon 2 nd May	Bank Holiday
Mon 30 th May - Fri 3 rd June Inclusive – Half Term	
Mon 6 th June	Staff Inset – School Closed for children
Thurs 21 st July	Last day of Summer Term – 1.30pm finish

*New dates in bold

Packed Lunch Guidelines (Page 1 of 2)

Dear Parents/Carers,

To ensure that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritional food that is similar to the food we serve in school (which is regulated by national standards) please find overleaf **Good Practice Packed Lunch Guidelines**.

These packed lunch guidelines were drawn up using information from the Department for Education, the School Food Plan website and are based on the School Food Standards. The School Food Standards are a set of standards for all food served in schools and they became mandatory in January 2015; I have attached a summary of the School Food Standards to this letter.

To promote consistency between packed lunches and the food served in school, **we ask that all parents who are preparing *packed lunches* for their child follow these guidelines.**

We will ensure that any child who brings a packed lunch to school will have fresh drinking water readily available at all times; packed lunch pupils and school lunch pupils are always able to sit and eat together.

If you have any further questions, please do not hesitate to contact me.

Thank you,

A handwritten signature in dark ink that reads "Barbara Costa". The script is cursive and fluid, with the first letters of each word being capitalized and slightly larger than the rest of the letters.

Barbara Costa
Executive Headteacher

Good Practice Packed Lunch Guidelines (page 2 of 2)

Packed lunches <i>should</i> include	Packed lunches <i>should NOT</i> include
<ul style="list-style-type: none"> • At least one portion of fruit and one portion of vegetable or salad every day • Meat, fish or another source of non-dairy protein, every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel • An oily fish, such as salmon, at least once every three weeks • A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, every day • A dairy food, such as milk, cheese, yoghurt, fromage frais or custard every day • Water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies • Acceptable snacks includes: seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice 	<ul style="list-style-type: none"> • Crisps • Confectionery such as chocolate bars, chocolate-coated biscuits and sweets • We are a nut free school – please do not send in any food containing nuts. This includes Nutella and other chocolate spreads.

You may also include

- Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally