



**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 28<sup>th</sup> January

## Dear Parents and Carers,

Yesterday the Y5 pupils went to the Science Museum to support their learning about "Space"; they were also lucky enough to be able to visit the museum's cinema. Thank you to Mrs Dias, Mrs McGrath and all the parent volunteers who accompanied the pupils.

It has been a challenging few weeks with the number of positive COVID cases at the school and I would like to thank you for your patience as we have had to introduce various additional measures for some of the classes. The number of confirmed cases is now falling and therefore Reception and Year 6 are no longer required to be in their own separate bubbles. Year 4 however, will remain in a bubble for the time being; we will let parents know when this changes.

In 2015, Pope Francis wrote an open letter to the world; it was entitled *Laudato Si* (Praise Be to You) – *Care of our common home*. In this letter, amongst other things, Pope Francis urges us all to consider how we are treating planet Earth – our home - and he discusses pollution, climate change, waste etc. To highlight the need to act now to protect Earth, and to encourage re-cycling, we are going to create a piece of art work made entirely of bottle tops. Please send all your used bottle tops to school and Mr Troy will collect them all. We will be launching a competition after half term for the children to enter a design for the piece of art. The winning design will be recreated using the bottle tops and displayed – so watch this space for further details.

Have a lovely weekend.

*Barbara Costa*

## Safeguarding at St. Theresa's

A reminder to all parents that if you have any concerns about the safety of your child, or the safety of another child, you can call the National Society for the Prevention of Cruelty to Children (NSPCC) for support and advice on 0808 800 5000. Alternatively, parents can ring the Barnet Multi-Agency Safeguarding Hub on 0208 359 4066 or speak to the school. Miss Costa is the Designated Safeguarding Lead at the school; Mr Troy and Mrs Folan are members of the safeguarding team. However, safeguarding and child protection at St. Theresa's is everyone's responsibility and is taken extremely seriously. Parents can find the school's Child Protection and Safeguarding Policy on the school website:

<https://www.st-theresas.barnet.sch.uk/wp-content/uploads/2021/10/Child-Protection-and-Safeguarding-Policy-September-2021.pdf>

## The Wednesday Word

God's love is without limits. In this Sunday's Gospel, we are reminded that God's chosen people were not chosen just to enjoy God's love for themselves. They were called to be the starting point from which God's love would spread to all people. But when Jesus told people about God's love, he did not always receive a warm welcome.

God loves each one of us equally and unconditionally. His love for us is limited and God is forever searching out people to whom he can show his love. If we are willing to turn to God, to accept and experience his love, the happier we become.

Enjoy a very special time together this evening, hearing your child's thoughts about this Sunday's Gospel and this Wednesday's words, which are GOD'S LOVE.

<https://www.paperturn-view.com/uk/wednesday-word/gods-love?pid=MTA101634&cv=50.6>

## 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.**

## VA – Building Fund

Thank you to everyone who has contributed to the building fund this year. Over the years, this money has contributed to the cost of various building projects – our current one being the redevelopment of the Reception outdoor area. If you have not yet made a donation, and would like to, please see the office staff. All contributions are very gratefully received.

### 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.



<b>Reception</b>	<b>Allan</b> for his positive attitude towards learning. <b>Cataleya</b> for being such a kind friends and sharing her toys.
<b>Year 1</b>	<b>Emily</b> for trying her best in lessons and for quietly getting on with her work. <b>Lily</b> for showing effort and commitment with her weekly home-learning.
<b>Year 2</b>	<b>Laura</b> for working diligently and considering the reader when completing written tasks during her literacy lessons. <b>Callum</b> for applying concepts he has learnt in grammar lessons to his writing, and for his accurate Maths learning.
<b>Year 3</b>	<b>Leona</b> for outstanding home-learning on Ancient Greece. <b>Alan</b> for an excellent review of a Greek restaurant for his home-learning.
<b>Year 4</b>	<b>Summer</b> for making great effort in learning her times tables. <b>Chiamaka</b> for answering our RE questions about God being present, really well.
<b>Year 5</b>	<b>Zoe</b> for her excellent learning in Maths this week. <b>Tomas</b> for his enthusiasm for our space topic this half term.
<b>Year 6</b>	<b>Fatima</b> for your fantastic learning in RE – very well done. <b>Michal</b> for your excellent home-learning. I am very impressed!
<i>The Golden Ticket Winners are:</i> <b>Emily (y1)</b> <b>Brendan (y4)</b>	

#### Dates for your diary

Mon 31 <sup>st</sup> Jan	Y3 History workshop Y4 History workshop
<b>Tues 1<sup>st</sup> Feb</b>	<b>Online Safety workshops for children</b>
Wed 2 <sup>nd</sup> Feb	Y6 trip to RAF museum
Mon 7 <sup>th</sup> – Fri 11 <sup>th</sup> Feb	Children's Mental Health Week
Tues 8 <sup>th</sup> Feb	Safer Internet day
Mon 14 <sup>th</sup> Feb - Fri 18 <sup>th</sup> Feb	Inclusive – Half term
Fri 25 <sup>th</sup> Feb	Reception and Y6 Height and Weight check
Fri 1 <sup>st</sup> April	Last day of Spring term 1pm finish
Tues 19 <sup>th</sup> April	First day of summer term
Mon 2 <sup>nd</sup> May	Bank Holiday
Mon 30 <sup>th</sup> May - Fri 3 <sup>rd</sup> June	Inclusive – Half Term
Mon 6 <sup>th</sup> June	Staff Inset – School Closed for children
Thurs 21 <sup>st</sup> 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"> <li>• At least one portion of fruit and one portion of vegetable or salad every day</li> <li>• Meat, fish or another source of non-dairy protein, every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel</li> <li>• An oily fish, such as salmon, at least once every three weeks</li> <li>• A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, every day</li> <li>• A dairy food, such as milk, cheese, yoghurt, fromage frais or custard every day</li> <li>• Water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies</li> <li>• 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</li> </ul>	<ul style="list-style-type: none"> <li>• Crisps</li> <li>• Confectionery such as chocolate bars, chocolate-coated biscuits and sweets</li> <li>• We are a nut free school – please do not send in any food containing nuts. This includes Nutella and other chocolate spreads.</li> </ul>

### **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