



TEMPLE SOWERBY CE SCHOOL

SCHOOL NEWSLETTER

Friday 30th September 2022

Dear Parents,

We've had a busy few weeks with lots of exciting activities such as horse-riding, inter-school tournaments (football and tag rugby), a visit to Tullie House and Brockhole and a great afternoon at the Junior Warrior Festival at Culgaith! As we continue with a busy half term, there are a few things that I wanted to highlight:-

Contractors on site—replacing the outdoor equipment

During the week commencing Monday 10th October, the side entrance to the school will be fenced off as we start to replace the outdoor equipment at the top end of the school playground. These works are due to last two to three weeks, and we are looking forward to having some lovely new playground equipment to use.

Whilst these works are in progress, please could everyone use the main front door when dropping off and collecting children.

Parents' evening

A letter for parents' evening has been e-mailed out (Tuesday 11th and Wednesday 12th October). Please get in touch to arrange a time to meet your child's teacher and discuss their learning. If these dates are not suitable, teachers will be happy to arrange a separate date and time.

Sickness

As we move towards the colder months, there will inevitably be some sickness in school and, given the changes in rules regarding Covid over the past year, I would like to update you with the latest guidance from the local authority. In a nutshell:

- **Positive Covid test:** child stays at home for 3 days and only returns on day 4 if they feel well enough to and don't have a high temperature
- **High temperature, but no Covid test:** child stays at home until temperature is back to normal and they feel well enough to come to school
- **Cold like symptoms (but no temperature or positive Covid test)** – it is ok to carry on attending school (as long as well enough to do so – should wash hands regularly, use tissues)

I have also attached a briefing poster from Cumbria County Council which outlines in a quick guide what action to take if your child is unwell. Please refer to the quick guide and if unsure, please call in.

Harvest Festival

Harvest Festival will be held in church on Wednesday 19th October at 9.30am. Parents and the community are very welcome to attend and the Friends of Temple Sowerby School (FOTSS) will be providing refreshments. We will be in touch nearer the date with regard to donations for the food bank or to sell in church.

Keyboard Tuition

Starting from 13th October, children in KS2 will be learning to play the keyboard in our Thursday music lessons. However, a number of older children have expressed an interest in additional peripatetic music tuition. This would take place in school time on Thursday afternoons between 2.00 and 2.30 and, depending on levels of interest, would cost around £4.00 per session (if your child qualifies for Pupil Premium, it can be used to fund these sessions). If you are interested in your child attending, please let Angela know as soon as possible.

The weeks ahead

We still have a busy few weeks leading up to half term including horse-riding, fell walking, football tournaments and a Key Stage 2 trip to Tullie House. Please see the full activity list overleaf for details. The last week before half term (17th to 21st October) is our swimming week. If you haven't done so already, please send your consent form in.

Finally, thanks to all that have made the 'Temple Sowerby Tots' toddlers group such a success! Tots meet every Friday morning from 9.15am to 10.30am and all are welcome with children under school age.

If you have any queries or concerns at all, please do not hesitate to contact myself.

Kind regards

Mr K Laithwaite
Headteacher

Date	Time	Event
Every Monday	PM	Action Ants
Every Tuesday	PM	Guitar—please get in touch if your child would like to try guitar. Available for Year 3 upwards at a cost of £4.00 per week.
Every Friday	9.15am— 10.30am	Temple Sowerby Tots
Tuesday 4th October	PM	Year 5 and 6 Football at Appleby Grammar School
Thursday 6th October	PM	Years 2 and 3 Horse-riding at Happy Hooves, Eamont Bridge
Monday 10th October	AM	NISCU collective worship
Monday 10th to Friday 21st October		New outdoor equipment installation. Please could everyone use the main entrance whilst works are in place.
Tuesday 11th October	11am	Whole School—Flu Vaccinations
Tuesday 11th October and Wednesday 12th October	3.40pm—5.00pm	Parents Evenings
Wednesday 12th October	AM	Key Stage 2 trip to Tullie House. Packed lunches to be taken.
Thursday 13th October	PM	Years 4 to 6. PCSO Bonfire and Halloween talk
Thursday 13th October & Thursday 3rd November	PM	Years Rec and 1 Horse-riding at Happy Hooves, Eamont Bridge
Friday 14th October		Provisional date—Fell walking, Key Stage 2.
Week Commencing 17th October	Every afternoon—all week	Swimming week, in Appleby pool every day from 1.30pm—2.30pm
Wednesday 19th October	AM	Harvest Festival in Church. All welcome, further details to follow.
Monday 24th—Friday 28th October		Half Term
Monday 31st October	4—5pm	Hallowe'en Disco
Wednesday 2nd November	TBA	Ball Skills Festival at Culgaith (year groups to be confirmed)
Friday 11th November	TBA	Mini Mudder Festival at Culgaith (year groups to be confirmed)
Tuesday 15th November	9am	NSPCC Speak out / Stay Safe assembly
Tuesday 15th November	1pm	PCSO Road Safety talk
Friday 18th November	10am	Library Bus
Wednesday 30th November	TBA	Key Stage 1 indoor multi sports festival
Tuesday 20th December		Break up for Christmas

TEMPLE SOWERBY



C.E. SCHOOL

FOTSS

Friends of Temple Sowerby
School

Update – September 2022

Welcome back everyone. With temperatures dropping and leaves beginning to fall we truly look to be well on the path into Autumn! But just before Summer is a distant memory, we would just like to look back to those lovely warm days and say a HUGE thankyou to everyone who supported the various events that took place during the summer term – both attending and helping-out.

The major project that FoTSS continue to fundraise towards is the target of a £5K contribution towards the refurbishment of the school play area. We are currently in a position of being £2K from our target. Although work to the play area is imminent, we will continue to fundraise to reach this target, albeit we will be doing so after the installation has taken place.

Looking forward to the next few weeks, we will be supporting refreshments at Harvest Festival (Wednesday 19th October) and the hotly anticipated Halloween disco (Monday 31st October) appearing shortly. Sign up sheets for parent help for both events will go up shortly.

We could not manage and run these events without parents stepping forward and offering their valuable time and support. Although there are a small group of parents that regularly offer to co-ordinate and run these events, it would be fantastic to be able to welcome more parents along to help with some of the work FoTSS undertakes as this would help to lighten the load with planned support and potentially also enable us to look at new fundraising events or projects. If you have any fundraising ideas or would just like to be involved with FoTSS please see either Louise Thompson, Lisa Cowperthwaite or Olivia Colbear – or if you are not sure who we are, Angela or Mr Laithwaite can put you in touch.

Many thanks.

The FoTSS team.

Temple Sowerby CE School and Pre School,
Temple Sowerby C.E. School, Temple Sowerby, Penrith, Cumbria CA10 1RZ
Telephone: 017683 61512

Is my child well enough to attend school or an early years setting?

A quick guide for parents / carers

What to do if...	Action to take	Back to school or early years setting...
<p>...your child is unwell and has a high temperature (this means their temperature is 38°C or higher).</p> <p>They have not tested positive for Covid – 19.</p>	<p>Keep your child at home:</p> <ul style="list-style-type: none"> It is recommended that your child stays at home if they have a high temperature. Your child should avoid close contact with people who may be at high risk from respiratory infections, such as COVID-19 (even if your child has tested negative for COVID-19). <p>Stop the spread:</p> <ul style="list-style-type: none"> Encourage your child to wash their hands regularly. They should use tissues to wipe their nose and catch coughs & sneezes. Throw used tissues away. <p>Caring for your child: Follow NHS advice on how to look a child with a high temperature: High temperature (fever) in children - NHS (www.nhs.uk)</p>	<p>...when your child's temperature returns to normal (less than 38°C) and they feel well enough to go.</p> <p>Child has high temperature, but medication like ibuprofen or calpol brings the temperature down? They should stay at home until their temperature is ok without medication. This is because they are still infectious and able to pass the illness on to other people.</p>
<p>...your child is unwell with cold-like symptoms (such as a sore throat and runny nose), but does not have a temperature.</p> <p>They have not tested positive for COVID-19.</p>	<p>Stop the spread:</p> <ul style="list-style-type: none"> Encourage your child to wash their hands regularly. They should use tissues to wipe their nose and catch coughs & sneezes. Throw used tissues away. <p>Caring for your child:</p> <ul style="list-style-type: none"> Follow NHS advice: Common cold - NHS (www.nhs.uk) 	<p>...straight away. Your child can continue to attend if they have cold-like symptoms (as long as they feel well enough to go and don't have a high temperature).</p>

What to do if...	Action to take	Back to school or early years setting...
<p>...your child has tested positive for COVID-19</p>	<p>Keep your child at home:</p> <ul style="list-style-type: none"> • Children and young people aged 0-18: should stay at home and NOT attend school or early years settings for at least 3 days (day '0' is counted as the day of the first positive test). • Young people aged 19+: The recommended time period to follow the advice above is 5 days • Your child should particularly avoid contact with people who may be at high risk from COVID-19. <p>Stop the spread:</p> <ul style="list-style-type: none"> • Encourage your child to wash their hands regularly. They should use tissues to wipe their nose and catch coughs & sneezes. Throw used tissues away. <p>Caring for your child:</p> <ul style="list-style-type: none"> • Follow NHS advice: How to look after yourself at home if you have coronavirus (COVID-19) or symptoms of COVID-19 - NHS (www.nhs.uk) 	<p>...when your child has completed the recommended stay-at-home period (as long as they feel well enough to go and do not have a high temperature).</p>
<p>... your child has been sick (vomited) and /or has diarrhoea</p>	<p>Keep your child at home:</p> <ul style="list-style-type: none"> • Your child should stay at home whilst they have symptoms and for a full 48 hours after their symptoms have stopped. <p>Stop the spread:</p> <ul style="list-style-type: none"> • Encourage your child to wash their hands regularly. They should not share towels, flannels, cutlery or utensils. • Spills of vomit and diarrhoea should be cleaned using a bleach-based solution. Wash any contaminated clothing or bedding using detergent and a hot wash cycle (60°C). • Other people in the house should wash their hands regularly, especially after cleaning spills of vomit or diarrhoea and before preparing food or eating. <p>Caring for your child:</p> <ul style="list-style-type: none"> • Follow NHS advice: Diarrhoea and vomiting - NHS (www.nhs.uk) 	<p>...when your child has not had symptoms for 48 hours (as long as they feel well enough to go).</p>