



Newsletter 9

Well done to all children, families and school staff on the successful completion of another week of remote learning. Thank you for the great efforts, fortitude and resilience that has been shown by all of our school community; it isn't easy but we are cracking it!

Look out for the video that Mrs Gratton has put together that showcases pieces of work from all classes that teachers feel deserves special mention. It will be uploaded onto the school website for you to view and enjoy.

We understand that everyone's circumstances are different and unique. Some families will be juggling working from home with childcare and supervision of learning – this also includes several members of school staff! Others may have multiple children trying to access limited devices. Many of you may be shielding, self-isolating or unwell – this also includes members of school staff. Whatever your individual challenges, please know that we are here to help and support you through this pandemic. Please do contact the school office who will do their very best to provide information and signpost support. We are very much in this together.

I recently bought *The Book of Hopes*, edited by Katherine Rundell (the namesake of our year 5 class) and I have taken inspiration and joy in reading it. It is a collection of short stories, poems and illustrations by children's writers and illustrators and is aimed at lifting the mood of the reader. I would like to share the ending of a poem called *Hope* written by Anthony Horowitz – the name sake of one of our year 4 classes! It really resonated with me as I believe if we can stay positive and be hopeful then life becomes a little easier.

Hope by Anthony Horowitz

So if you're feeling uninspired,
Sleeping badly, walking tired
If everything is going wrong,
The day feels dark, the night's too long
Remember all the people who
Have found the following is true:

It's so much easier to cope
If you decide to live in Hope.

Books enable us to enter other worlds and at a time when we are severely restricted in what we are able to do the world of books has never been as important. I would be really interested to hear about the books that our school families are reading. Please drop me an email and share what your family is reading – it would be lovely for this to be a regular feature of the newsletter.

A number of our pupil groups have met recently. Read on for the headlines from the **School Council, Junior Travel Ambassadors and Eco Warriors!**

COVID19 Update - Hounslow

Important message from Public Health Hounslow

As of 21/01/21 Hounslow has the highest rate of CV-19 in London. Rates change; we will continue to have one of the highest rates in London, and the message is clear – high rates mean more hospitalisations and more deaths and we must get the rates down as soon as possible. The time lag between infection, test positive and hospitalisation means that we won't affect a change in hospital activity for the short term, up to 18 days, however if we don't get the rates down this NHS pressure will persist.

There are now 4 community asymptomatic testing sites in the Borough;

- Hounslow House
- Wellington Day Centre
- Heston Library
- Isleworth Library

I'd welcome you directing parents to get tested regularly. This will help us to identify persons who are asymptomatic and infectious.

If your child is showing COVID symptoms or isolating after being in contact with someone who is positive, please remember to let the school office know.

Please email office@springgrove.hounslow.sch.uk or call 020 8560 0965.

IMPORTANT: Remote Learning

During this period of remote learning there is an expectation that all children log on daily and work through the activities given and join in with the lessons. Whilst school is only open at the moment to children with an EHCP or those of key workers, the learning provided is not optional.

We have been and will continue to contact by phone or pop around and visit (outside) families who are not engaging with this. We are obliged by law to report to the Education Welfare Team (EWO) pupils who are not available for learning. Please get in touch with us if you are having difficulty – we want to help all of our Spring Grove families.

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Eco Warriors

- Recycle at home please! Maybe a poster could be made to remind your family to recycle and sort the materials into glass, plastic, paper etc
- Make an Eco board game for your family to play. It could be based on Monopoly with the new name of Eco-opoly. Move a piece to the roll of the die and be rewarded for certain actions, eg, planting a tree, picking up rubbish. Younger children could make an eco version of Snakes and Ladders.
- Make an environmental New Year resolution – turn off the lights when not in the room, don't leave the tap running when brushing your teeth! Encourage all of your family to join in!

JTAs (Junior Travel Ambassadors)

- Learn to ride a bike or a scooter
- Stay active – go for a walk outside, ride a bike, skip, play hopscotch, dance, learn how to juggle, stretch...what will you do?
- Keep a diary of your exercises
- Learn and remember the Green Cross Code

School Council

Hello Everyone,

Happy New Year and we hope you had a good break.

We hope you are safe and well. We have been talking about keeping safe on line as we spend more time online.

We were discussing how we as school council how we could help our community, we had a few ideas, make someone laugh, make a recipe video or an exercise video. If you have any ideas please let us know.

Take care, stay safe and well and look after each other.

Appreciation Awards – Friday 22nd January 2021

Class	Name	Reason
Nursery - Inkpen	Mahira	For great interaction on google classroom and having fun learning at home!
	Zaen	Amazing drawings and interaction on google classroom.
Reception - Mckee	Isabella	For being an amazing big sister and mummy's little helper. She is still managing to finish all her activities.
	Filip	A very confident boy who is practising lots of new words in English and being so confident in our GM by speaking to his friends.
Year 1 - Donaldson	Zac	Amazing reading
	Amani	Creativity and inspiration to others
Year 2 - Grey	Mithulan	Wonderful pictures to accompany work done at home.
	Sami	Incredible effort when completing home learning tasks.

Continued >>>>

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Year 3 - Zephaniah	Aaliyah	Greek Pot drawing with description.
	Daniel	For his science experiment with light. He was one of the first to hand it in and he showed clear understanding of the concept. Well done!
	Genevieve	Always engaged in lessons and participated with enthusiasm.
	Sunshine	For work in PE – enjoyment was clear to see!
Year 4 - Horowitz	Anahat	For always providing high quality work on Google Classroom and with a smile on his face! Particularly enjoyed watching his video demonstrating the digestive system experiment.
	Aarya	Always present work of a high quality. Well done!
	Gabriela	Always enthusiastic and works hard doing the tasks on Google Classroom
Year 4 - Rauf	Gabriel	For his enthusiasm and positive attitude with his work.
	Karam	For his fantastic writing. We had to write the ending to our class book and his was written with such creativity and imagination. .
	Charis	
Year 5 - Rundell	Abdullah	Working hard on his maths and producing work to a high standard. A great attitude in general.
	Shreya	Producing work to a high standard that is accurate and on time.
	Michalena	Working hard to produce good writing and being prepared to edit and improve her work. Completing all her work.
Year 6 - Tan	Hibah	For always completing maths tasks, including extension activities, to a high standard.
	Advaith	For enthusiastic and helpful contributions during Live Google Meets.

FAQS ABOUT YOUR RAPID (LATERAL FLOW) TEST

What is rapid asymptomatic (lateral flow) COVID testing?

They are one of the tools we can use to reduce the risk of transmission of coronavirus (COVID-19). Lateral flow antigen tests are a new kind of technology that could be used to test a higher proportion of asymptomatic people, better enabling us to identify and isolate more people who are at high likelihood of spreading the virus, and break the chain of transmission. Rapid COVID testing, also known as a lateral flow test, gives a positive or negative COVID result in approximately 30-40 minutes. These tests are safe, inexpensive and do not require a laboratory to process the results.

We want to test as many local people as possible which is why we have opened locations in Hounslow where you can be tested for COVID.

Can I get a test if I have been identified as a close contact?

No, lateral flow testing is not currently available for anyone identified as a close contact by NHS Test and Trace. If you have been identified as a close contact, you are legally required to isolate at home for 10 days. If you do develop symptoms you will need to book a PCR Test via www.gov.uk/get-coronavirus-test or by calling **119**.

Examples of close contact include:

- Close face to face contact (under 1 metre) for any length of time – including talking to them or coughing on them
- Being within 1 to 2 metres of each other for more than 15 minutes – including travelling in a small vehicle

Why should I get tested if I don't have symptoms?

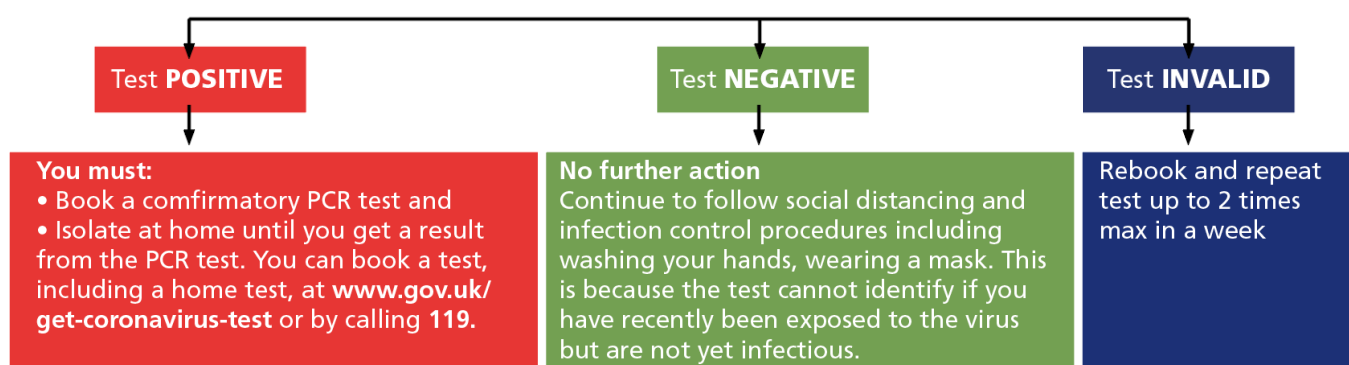
Around 1 in 3 people do not have any symptoms, but still pass it on. The rapid tests are a tool to support the efforts to control the spread of coronavirus by helping to identify residents who do not have symptoms but are passing the virus on. These tests are not for people with symptoms. If you have symptoms of coronavirus (high fever, new, continuous cough OR loss of taste or smell), book a PCR test.

I have symptoms, why can't I get a rapid test?

The rapid tests are not as effective as the PCR tests, and sometimes they do not capture positive cases. If you have symptoms, you must get a PCR test to confirm whether you are positive. The rapid tests are one of the tools we are using to catch more cases to support PCR testing.

Understanding your results

Rapid (Lateral Flow) Testing



What if I do not get my result?

This can happen due to processing errors with the device. If you have not received a result after over two hours, please rebook a new test and let us know when you arrive that you are taking a re-test.

How often can I get a rapid test?

If you are a key worker and continue to work outside of your home throughout lockdown, we suggest getting tested weekly.

Which test centre sites in the borough are for rapid tests and which test centre sites are for PCR tests?

Symptomatic Testing – PCR Test sites

There are daily testing bookings available at Padstow Walk in Feltham, Brabazon Road in Heston, or Regional testing at Heathrow and Twickenham.

You can also order a home test to be completed from your home or you can book a test at the Mobile Testing Unit which is in Hounslow every 3 days.

Book a symptomatic test at www.gov.uk/get-coronavirus-test or by calling **119**

Asymptomatic (no symptoms) testing – rapid LDF test sites

You must not have symptoms to attend either Rapid Asymptomatic testing sites. Book an asymptomatic test at hounslow.gov.uk/rapidtest or by calling **119**.

Locations:

Hounslow House 7 Bath Road Hounslow, Middx TW3 3EB	Heston Library New Heston Road TW5 0LW
Wellington Day Centre 292 Staines Road Hounslow TW4 5BA	Isleworth Library Twickenham Road Isleworth TW7 7EU

Who are the rapid LFD tests for i.e. is it just key workers or can anyone be tested?

The rapid LFD tests are for residents or people who work in Hounslow, particularly, key workers and their household. If you can't work from home, or if others in your household still go out for work, you can get a rapid LFD test regularly, even if you haven't got symptoms.

Are the tests free?

Yes!

How old do you have to be to get a Rapid LFD Test?

For these tests, you have to be over 18. If you need a test for someone under 18, book a PCR test at www.gov.uk/get-coronavirus-test.

Do I need to be tested (with a rapid test) if I've already had coronavirus?

If you have tested positive for Coronavirus through symptomatic testing (PCR) within the last 90 days, you do not need to be tested. If it has been over **90 days** since your last positive test, you can take a rapid test again.

How accurate are the rapid tests?

Rapid (Lateral flow) tests used by the UK government go through a rigorous evaluation by the country's leading scientists. This means they are accurate, reliable and successfully identify those with COVID-19 who don't show symptoms and could pass on the virus without realising. Lateral flow tests can return results within 30 minutes, without needing to be sent to a lab. As this is a new programme however, if you test positive on a rapid (lateral flow) test, you are still required to book a PCR confirmatory test. There is a chance of a negative test not being totally accurate. It is important that, even if you test negative, you need to take the same precautions including hand hygiene, wearing a mask, and social distancing.