



# Newsletter

## Friday 21<sup>st</sup> October 2022

### DATES FOR YOUR DIARY

Friday 21<sup>st</sup> October

Monday 31<sup>st</sup> October

Thursday 8<sup>th</sup> December

Thursday 15<sup>th</sup> December

Friday 16<sup>th</sup> December

School closes for half-term

School opens

Whole school trip to pantomime

Christmas Secret Room – AM

Christmas Fair & Festive Treats 1.30pm

You can view the school calendar on the homepage of our website and next year's term and holiday dates can be found in the parents section of the website as well.

### ➤ **Star of the Week Awards**

Congratulations to the following children for excellent effort and attitude in class:

Jack S

Freddie W

Annabel S

Jenson S

### ➤ **Hot Chocolate Award**

Congratulations to the following children for their exemplary behaviour and for living out our school values of kindness, courage and respect:

Molly S

Rose H

George L

### ➤ **Carlton Lodge Activity Centre**

We have arranged some **Activities** for the **Autumn Half Term** at **Carlton Lodge Activity Centre**

Activities are aimed at children **aged 8-14 yrs**. And will be running over 3x days.

**Tuesday, 25<sup>th</sup> Oct** - Crate stack, Climbing Wall, Archery, Problem Solving.

**Wednesday, 26<sup>th</sup> Oct** - Bridges, Egg Challenge, Bushcraft, Orienteering

**Thursday 27<sup>th</sup> Oct** - Mini Olympics, Raft Build, Leap of Faith, Zip.

[Registration is from 9.10am] Activities start at **9.30am** and finish at approx. **4.30pm**.

**Covid safe measures are in place.**

Places are limited, so please check out the EventBrite site to secure your place[s]

To book your child[ren] for Activities please go to the Eventbrite site: [Carlton Lodge Activity Centre Events Eventbrite](#)

Bookings can only be made through the Eventbrite site.

Places can be booked for children as individuals or in multiple numbers at a cost of **£40 per child + booking fee**. [£43.71]

Don't forget to bring a **packed lunch, shower kit & towel** and **a change of clothes**.  
Come prepared for the season's weather conditions!

Children will be allocated into a group of 8 individuals and will be given instruction throughout the day by one or two instructors.

We look forward to seeing you!! 😊

➤ **Ripon Cathedral Christmas Fair**

Please find below details of a Christmas Fair which is due to be held at Ripon Cathedral on the 25<sup>th</sup> and 26<sup>th</sup> November.

There will be around 100 independent traders selling gifts, homewares and food, along with children's activities, prize draw, live Christmas music and a pop-up café serving festive turkey sandwiches, cakes, mince pies, drinks and mulled wine. It is a great festive day out for all the family and we hope to see some of you at the event.



➤ **Thorp Perrow Activities**

Please find below details of future activities at Thorp Perrow.



## ➤ COVID

The government is expecting another wave of covid during this term. We have clarified the rules for children at our school with Elevate head office.

If a child tests positive for covid or shows symptoms of covid, they should remain at home and not come into school for 3 days.

If a child shows symptoms of covid (see Guidance attached at the bottom of the newsletter), they should remain at home until they feel better and no longer have a high temperature.

## ➤ Parking

Could we please remind everyone not to park on the zig zag lines outside school.

## ➤ P.E. Uniform

The children should wear navy/black joggers or leggings, a white t-shirt or polo shirt and a school sweatshirt or school hoodie. It is not non-uniform so could all parents please ensure the children have the correct kit.

## ➤ Holidays during Term Time

Taking a child on holiday during term time interrupts teaching and learning and can disrupt the educational progress. Before deciding to take holidays during term time, parent/carers are

asked to consider the effect on their child's continuity of education. Mrs Thirlaway is only able to authorise leave of absence in exceptional circumstances.

Parents who take a child on leave in term time without the permission of the Academy risk being issued with a penalty notice fine for unauthorised absences.

## ➤ Free School Meals

### **Families can save around £450 a year with free school meals**

As families across the county are feeling the pinch due to the rising cost of living, one way in which many people could save money, is by taking advantage of the free school meals, which may be available to them. This could save £450 a year. All children in Reception, Year 1 and Year 2 automatically qualify for a free meal with no means testing required. Children in Year 3 onwards can also benefit if their parents are eligible for certain income support and allowances, support under the immigration and Asylum Act, child tax credit, working tax credit or universal credit. Help us to make sure as many families as possible are taking up the chance for a free meal by telling friends, family and the people we work with in our communities. Anyone can check eligibility and apply online: [www.northyorks.gov.uk/free-school-meals](http://www.northyorks.gov.uk/free-school-meals)

At the end of this newsletter there is a form which gives details. If anyone would like a paper copy, please call in at the school office.

## ➤ School Start times

Please note the following start times for each class:

8.40 for register at 8.50 Preschool (8.50-11.50 are the times for a morning session)

8.40 for register at 8.50 Reception

8.30 for register at 8.50 Y1-2

8.30 for register at 8.40 Y3-6

Please ensure that your child is in the school building promptly so that they can be ready to start lessons at their allocated time. Late arrivals are noted.

## ➤ Harrogate Borough Council

Please see the information below from Harrogate Borough Council giving information on household waste.



### ➤ Collecting Children from School

This is a reminder that if someone different is collecting your child from school, you need to inform either the school office or a member of classroom staff so that we can ensure permission has been given before your child is handed over at the end of the day. If you are informing classroom staff, please ensure that they have acknowledged an email or Dojo message as they are not able to access these during the teaching day.

If you need your child to walk home or to meet you in your car parked in the village, you will need to complete a walk to school form which is attached to this newsletter.

### ➤ Wildcats

Weetabix Wildcats is non-competitive football for girls who want to give it a go for the very first time or want to play with other girls their own age. Most importantly, Weetabix Wildcats is all about having loads of fun and meeting new amazing friends. Our Wildcats session run at St John Fishers Catholic High School at 5:30-6:30pm and the age ranges from 5-11 years old. To sign up click the link below to find our Wildcats centre:

<https://find.EnglandFootball.com/>

### ➤ Futsal

Futsal is a fast indoor sport which is very fun and exciting to play. On average futsal players touch the ball 3 times more than playing football. We have two age groups, u9's and u11's. Both sessions are delivered at Harrogate High School every Monday, u9's 5-6pm, u11's 6-7pm. 'Matthew really enjoys the sessions, he is always playing with a ball at his, his development has really improved' – Parent.

To find more information please

contact: [tomblackburn@harrogatetownafc.com](mailto:tomblackburn@harrogatetownafc.com)

To sign up: <https://officialsoccerschools.co.uk/harrogatetownafc/harrogate-town-afc-courses.html>



### ➤ Absence reminder

If your child is unwell, could we please ask that you ring the school by 9.15am to let us know rather than send an email.

### ➤ BAFTA

For any queries about before and after school club please email:

[s.snowden@mcgprimarieschool.org](mailto:s.snowden@mcgprimarieschool.org)

Morning BAFTA sessions are in Newby class and after school will be in the school hall.

### ➤ **Music Tuition in school**

For children who are interested in applying for music tuition in school, you can find out more information here: <https://www.northyorks.gov.uk/info/information-about-lessons-available-schools>

## **NEWS FROM THE FRIENDS**

### **Easy fundraising**

Please don't forget that Marton-cum-Grafton Primary School is registered with easyfundraising. So, although we're unable to get together and hold fundraising events in person at present, we can continue to raise free funds, at no extra cost to you for the school.

When you shop via the easyfundraising website or app, with over 4,100 of your favourite retailers, including John Lewis & Partners, eBay, Booking.com, Amazon and many more, you will raise FREE donations for the school.

If you're not already registered, please visit our easyfundraising page here:

[https://www.easyfundraising.org.uk/causes/martoncumgriftonps/?utm\\_campaign=raise-more&utm\\_content=s-e3](https://www.easyfundraising.org.uk/causes/martoncumgriftonps/?utm_campaign=raise-more&utm_content=s-e3)

This will really make a difference to our school! Thank you for your support and thank you to the people who are currently registered on the site and continue to create donations it is very much appreciated.

### **“Aspire, Believe and Achieve in a Caring Christian Community”**

Our children will flourish, be safe and valued, in a nurturing Christian community. They will aspire to be the best that they can be; believe in their abilities and gain the courage and confidence to achieve their goals.

Our Christian Vision is lived out through the values of **Kindness, Courage and Respect** and illustrated through the parable of **The Seed and The Sower**

The seed planted in the good earth represents those who hear the Word, embrace it, and produce a harvest beyond their wildest dreams” Mark 4:20



# MAKE SAVINGS by claiming your FREE SCHOOL MEAL



As you probably know, Free School Meal awareness has been increased recently across the media.

Save time and money by claiming your free school meal allowance today. You can get free school meals if your child attends a local authority maintained school and you receive one of the listed benefits.

## THERE ARE TWO TYPES OF FREE SCHOOL MEALS

### Universal Free School Meals (UFSM)

Pupils in Reception and KS1 all receive a free hot meal or sandwich, fruit or yoghurt each day and don't need to apply. All you need to do is inform your school that you wish your child to have a daily hot meal.

### Free School Meals (FSM)

Pupils may be entitled to a Free School Meal. However, with FSM you will need to apply. The link on this sheet is for your local authority and there is also a link to the Government website about FSM. Your child's school will also have an application form, if you wish to complete the application by hand.

Whether taking advantage of UFSM or FSM, a hot meal (2 choices of main course) or a sandwich, along with a dessert of the day, or fresh fruit or yoghurt and a drink will be the daily choice.

The menus are displayed on the school website and if your child has a food allergy or intolerance, our Catering Manager will discuss the options for your child and accommodate the allergen requirements.

[WWW.MELLORSCATERING.CO.UK](http://WWW.MELLORSCATERING.CO.UK)

DO YOU  
RECEIVE ANY  
OF THESE?

- Child Tax Credit
- Income-based Jobseeker's Allowance
- An income-related employment and support allowance
- Support under part VI of the Immigration and Asylum Act 1999
- Income Support
- State Pension Credit
- Working Tax Credit during the four week period immediately after your employment finished, or after you start to work less than 16 hours per week.
- Universal Credit, provided you have an annual net earned income of no more than £7,400 (£616.67 per month)

## NEED MORE INFO?

Visit...

[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

OR ASK IN THE SCHOOL OFFICE FOR  
AN FSM APPLICATION FORM

Fill this in, cut it out and hand it to the school  
reception to start claiming your child's UFSM!

Child's full name:.....

Child's Class:.....

Date you wish to  
start the UFSM:.....

## **Covid Guidance**

People with symptoms of a respiratory infection including COVID-19

Guidance for people with symptoms of a respiratory infection including COVID-19, or a positive test result for COVID-19.

From:UK Health Security Agency

Published1 April 2022 Last updated10 June 2022 — See all updates

Applies to England

### Contents

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As we learn to live safely with COVID-19, there are actions we can all take to help reduce the risk of catching COVID-19 and passing it on to others. These actions will also help to reduce the spread of other respiratory infections. COVID-19 and other respiratory infections such as flu can spread easily and cause serious illness in some people.

Vaccinations are very effective at preventing serious illness from COVID-19, however even if you are vaccinated there is a chance you might catch COVID-19 or another respiratory infection and pass it on to other people.

Who this guidance is for

Most people can no longer access free testing for COVID-19. This guidance is in 2 parts:

1. Actions you can take to protect other people if you are unwell with symptoms of a respiratory infection, including COVID-19, and you have not taken a test for COVID-19.
2. Advice for people who have taken a COVID-19 test and have received a positive test result. There is separate guidance for people who have been informed by the NHS that they are at highest risk of becoming seriously unwell and who might be eligible for new COVID-19 treatments. There is also additional guidance for those working in health and social care settings.

People at higher risk of becoming seriously unwell from a respiratory infection, including COVID-19

People who are at higher risk from COVID-19 and other respiratory infections include:

- older people
- those who are pregnant
- those who are unvaccinated
- people of any age whose immune system means they are at higher risk of serious illness
- people of any age with certain long-term conditions

The risk of becoming seriously unwell from COVID-19 and other respiratory infections is very low for most children and young people.

Some children aged under 2 years, especially those with a heart condition or born prematurely, as well as very young infants, are at increased risk of hospitalisation from respiratory syncytial virus (RSV).

You will not always know whether someone you come into contact with outside your home is at higher risk of becoming seriously unwell. They could be strangers (for example, people you sit next to on public transport) or people you may have regular contact with (for example, friends and work colleagues). This means it is important to follow the advice in this guidance to reduce the spread of infection and help to keep others safe.

Symptoms of respiratory infections, including COVID-19

Respiratory infections can spread easily between people. It is important to be aware of symptoms so you can take action to reduce the risk of spreading your infection to other people.

The symptoms of COVID-19 and other respiratory infections are very similar. It is not possible to tell if you have COVID-19, flu or another respiratory infection based on symptoms alone.



Most people with COVID-19 and other respiratory infections will have a relatively mild illness, especially if they have been vaccinated.

If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or you do not feel well enough to go to work or carry out normal activities, you are advised to try to stay at home and avoid contact with other people.

Symptoms of COVID-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

If you are feeling unwell with these symptoms you should get plenty of rest and drink water to keep hydrated. You can use medications such as paracetamol to help with your symptoms. Antibiotics are not recommended for viral respiratory infections because they will not relieve your symptoms or speed up your recovery.

In some cases, you might continue to have a cough or feel tired after your other symptoms have improved, but this does not mean that you are still infectious.

You can find information about these symptoms on [NHS.UK](https://www.nhs.uk).

If you are concerned about your symptoms, or they are worsening, seek medical advice by contacting NHS 111. In an emergency dial 999.

What to do if you have symptoms of a respiratory infection, including COVID-19, and have not taken a COVID-19 test

Try to stay at home and avoid contact with other people

If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work or carry out normal activities, try to stay at

home and avoid contact with other people, until you no longer have a high temperature (if you had one) or until you no longer feel unwell.

It is particularly important to avoid close contact with anyone who you know is at higher risk of becoming seriously unwell if they are infected with COVID-19 and other respiratory infections, especially those whose immune system means that they are at higher risk of serious illness, despite vaccination.

Try to work from home if you can. If you are unable to work from home, talk to your employer about options available to you.

If you have been asked to attend a medical or dental appointment in person, contact your healthcare provider and let them know about your symptoms.

You may wish to ask friends, family or neighbours to get food and other essentials for you.

If you leave your home

If you leave your home while you have symptoms of a respiratory infection, and you have a high temperature or feel unwell, avoid close contact with anyone who you know is at higher risk of becoming seriously unwell, especially those whose immune system means that they are at higher risk of serious illness, despite vaccination.

The following actions will reduce the chance of passing on your infection to others:

- wearing a well-fitting face covering made with multiple layers or a surgical face mask
- avoiding crowded places such as public transport, large social gatherings, or anywhere that is enclosed or poorly ventilated
- taking any exercise outdoors in places where you will not have close contact with other people
- covering your mouth and nose when you cough or sneeze; wash your hands frequently with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing and blowing your nose and before you eat or handle food; avoid touching your face

Reduce the spread of infection in your household

While you are unwell there is a high risk of passing your infection to others in your household. These are simple things you can do to help prevent the spread:

- try to keep your distance from people you live with
- in shared areas wear a well-fitting face covering made with multiple layers or a surgical face mask, especially if you live with people whose immune system means that they are at higher risk of serious illness, despite vaccination
- ventilate rooms you have been in by opening windows and leaving them open for at least 10 minutes after you have left the room

- wash your hands regularly and cover your mouth and nose when coughing or sneezing
- regularly clean frequently touched surfaces, such as door handles and remote controls, and shared areas such as kitchens and bathrooms
- advise anyone that does need to come into your home that you have symptoms, so they can take precautions to protect themselves such as wearing a well-fitting face covering or a surgical face mask, keeping their distance if they can, and washing their hands regularly GermDefence is a website that can help you identify simple ways to protect yourself and others in your household from COVID-19 and other viruses. People who use GermDefence are less likely to catch flu and other infections and are less likely to spread them at home.

There is further guidance on protecting yourself and others in living safely with respiratory infections, including COVID-19.

Children and young people (aged 18 years and under) who have symptoms of a respiratory infection, including COVID-19

Respiratory infections are common in children and young people, particularly during the winter months. Symptoms can be caused by several respiratory infections including the common cold, COVID-19 and RSV.

For most children and young people, these illnesses will not be serious, and they will soon recover following rest and plenty of fluids.

Very few children and young people with respiratory infections become seriously unwell. This is also true for children and young people with long-term conditions. Some children under 2, especially those born prematurely or with a heart condition, can be more seriously unwell from RSV.

Attending education is hugely important for children and young people's health and their future.

When children and young people with symptoms should stay at home and when they can return to education

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend.

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

## What to do if you have a positive COVID-19 test result

Try to stay at home and avoid contact with other people

If you have a positive COVID-19 test result, it is very likely that you have COVID-19 even if you do not have any symptoms. You can pass on the infection to others, even if you have no symptoms.

Many people with COVID-19 will no longer be infectious to others after 5 days. If you have a positive COVID-19 test result, try to stay at home and avoid contact with other people for 5 days after the day you took your test. There is different advice for children and young people aged 18 and under.

During this period there are actions you can take to reduce the risk of passing COVID-19 on to others.

Try to work from home if you can. If you are unable to work from home, talk to your employer about options available to you.

If you have been asked to attend a medical or dental appointment in person, contact your healthcare provider and let them know about your positive test result.

You may wish to ask friends, family or neighbours to get food and other essentials for you.

At the end of this period, if you have a high temperature or feel unwell, try to follow this advice until you feel well enough to resume normal activities and you no longer have a high temperature if you had one.

Although many people will no longer be infectious to others after 5 days, some people may be infectious to other people for up to 10 days from the start of their infection. You should avoid meeting people at higher risk of becoming seriously unwell from COVID-19, especially those whose immune system means that they are at higher risk of serious illness from COVID-19, despite vaccination, for 10 days after the day you took your test.

If you leave your home

If you leave your home during the 5 days after your positive test result the following steps will reduce the chance of passing on COVID-19 to others:

- wear a well-fitting face covering made with multiple layers or a surgical face mask
- avoid crowded places such as public transport, large social gatherings, or anywhere that is enclosed or poorly ventilated
- take any exercise outdoors in places where you will not have close contact with other people
- cover your mouth and nose when you cough or sneeze; wash your hands frequently with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing and blowing your nose and before you eat or handle food; avoid touching your face

## Reduce the spread of infection in your household

While you are infectious there is a high risk of passing your infection to others in your household. These are simple things you can do to help prevent the spread:

- try to keep your distance from people you live with
- in shared areas wear a well-fitting face covering made with multiple layers or a surgical face mask, especially if you live with people whose immune system means that they are at higher risk of serious illness, despite vaccination
- ventilate rooms you have been in by opening windows and leaving them open for at least 10 minutes after you have left the room
- wash your hands regularly and cover your mouth and nose when coughing or sneezing
- regularly clean frequently touched surfaces, such as door handles and remote controls, and shared areas such as kitchens and bathrooms
- advise anyone that does need to come into your home that you have a positive test result, so they can take precautions to protect themselves such as wearing a well-fitting face covering or a surgical face mask, keeping their distance if they can, and washing their hands regularly

GermDefence is a website that can help you identify simple ways to protect yourself and others in your household from COVID-19 and other viruses. People who use GermDefence are less likely to catch flu and other infections and are less likely to spread them at home.

### What to do if you are a close contact of someone who has had a positive test result for COVID-19

People who live in the same household as someone with COVID-19 are at the highest risk of becoming infected because they are most likely to have prolonged close contact. People who stayed overnight in the household of someone with COVID-19 while they were infectious are also at high risk.

If you are a household or overnight contact of someone who has had a positive COVID -19 test result it can take up to 10 days for your infection to develop. It is possible to pass on COVID-19 to others, even if you have no symptoms.

You can reduce the risk to other people by taking the following steps:

- avoid contact with anyone you know who is at higher risk of becoming severely unwell if they are infected with COVID-19, especially those whose immune system means they are at higher risk of serious illness from COVID-19, despite vaccination
- limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces



- wear a well-fitting face covering made with multiple layers or a surgical face mask if you do need to have close contact with other people, or you are in a crowded place
- wash your hands frequently with soap and water or use hand sanitiser

If you develop symptoms of a respiratory infection try to stay at home and avoid contact with other people and follow the guidance for people with symptoms.

If you are a contact of someone with COVID-19 but do not live with them or did not stay in their household overnight, you are at lower risk of becoming infected. There is guidance on protecting yourself and others in living safely with respiratory infections, including COVID-19.

Children and young people aged 18 years and under who have a positive test result

It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.