

# PORTISHEAD PRIMARY SCHOOL

Station Road, Portishead, North Somerset BS20 7DB

Telephone: 01275 843360

Email: school.office@portisheadprimary.co.uk

Website: www.portisheadprimary.co.uk

Headteacher: Mr Richard Riordan



Learning and achieving together

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8<sup>th</sup> October 2021

Dear Parents and Carers,

It is a pleasure to write to you again to share how much we are enjoying the benefits of a full curriculum offer and the purpose, energy and excitement that offers our children and staff.

## Facebook and School News

I encourage you all to keep an eye on our news section of the website and our Facebook page so that you can get a full picture of the wide range of exciting opportunities and events happening in school.

## Year 4 and 5 Camps

Last week we enjoyed two successful nights away from school as Year 4 and 5 attended Barton Camp. These were a magical few days, the children really enjoyed their time away and our staff were incredible. We were joined for 24 hours by Kim Jones (Safeguarding Governor) who really enjoyed her experience with us and was a huge help. Zahra, our school cook, provided the main meals and they were outstanding!

We are going to continue to build on our Forest School and outdoor educational offer as we can see the huge benefit it provides our children across the curriculum and the support of their wellbeing, mental health and personal and social skills.

## World Mental Health Day 10<sup>th</sup> October

This Sunday is World Mental Health Day. We have a dedicated section of our website to support wellbeing on the Parent Zone tab which I would encourage you all to have a look at. We also have mental health first aid trained staff.

<https://www.portisheadprimary.co.uk/page/?title=Wellbeing&pid=125>

We understand that family life is extremely busy but it would be lovely if you could send in some pictures to us of any activities you do this weekend that support the mental health of your children and family. These will then be printed off and used to create a wellbeing wall/display.

## 5 Ways to Wellbeing or is it 6?

- Connect – spending time as a family, with friends or with clubs/groups
- Keep Learning – developing new skills
- Be Active – regular exercise
- Take Notice – having the time to observe and be curious
- Be Creative – being imaginative
- Giving - this can be time, kindness or compliments

Many activities will cover more than one way to wellbeing and the more they cover the more beneficial they are – so as an example baking as a family, sharing the cake and celebrating the cooking could tick all 6 boxes if you whisk/stir vigorously enough!

## Illness and Covid Testing

- Anyone who is ill and has or thinks they have symptoms of COVID-19 should self-isolate and then arrange for a free PCR test. Please do not send your child to school under any circumstances if they have a temperature.
- Pupils with a positive LFD test result should self-isolate in line with the stay at home guidance for households with possible or confirmed coronavirus (COVID-19) infection.
- They will also need to get a free PCR test to check if they have COVID-19.
- Whilst awaiting the PCR result, the individual should continue to self-isolate.
- **If the PCR test is taken within 2 days of the positive lateral flow test, and is negative, it overrides the self-test LFD test and the pupil can return to school, as long as the individual doesn't have COVID-19 symptoms.**

## How You Can Continue to Help Us Be the Best We Can

- Please ensure children do not arrive in the school playground before 8.30 am
- Please ensure that children arrive with everything they need for the school day – our admin team are experiencing a very high level of items being dropped off throughout the school day
- Anyone visiting the site should close the gate behind them. The gate is electro-magnetic but does not self-close due to the unique design and weight of it
- Book a table at the FOS quiz next Friday – come and have some fun and raise money for our outdoor equipment renovation!

## Good Diabetes Care in School Award

Our school recently applied for a “Good Diabetes Care in School Award”. Thanks to the hard work of Mrs Hardwidge and our team of staff I am very pleased to share that we have been successful and a trophy and letter are on their way to us. I am one of many of our staff team who have taken part in training and this diabetic specific award is part of a much wider commitment to the medical care and pastoral support we offer. See link below for more information about what this award means.

[https://www.youtube.com/watch?v=I5gj\\_0rC8JQ](https://www.youtube.com/watch?v=I5gj_0rC8JQ)

## **Other Good News**

- We have appointed the majority of our pupil leadership roles and these children will be having their first meetings before the end of term 1.
- Mrs Blackmore-Squires ran the London Marathon and raised over £1000 for the Benjamin Pritchard Foundation

## **Harvest Food Bank Appeal**

We are proud to be supporting Clevedon and District Foodbank for harvest this year. Along with this communication please find attached a poster with a shopping list of their top 10 items. We will be leaving tables outside the school office on Friday morning (15<sup>th</sup> October) so that you can drop off any donations before school starts. Clevedon Foodbank will be picking up your donations later that morning so please bring your donations with you in the morning as we won't be able to accept them later in the day. Thank you for your support with this.

Yours faithfully,

Richard Riordan

Headteacher  
Portishead Primary School