

Weekly Newsletter - 27/11/2020



Dear Parents,

Christmas has come early to Star this year! The children were delighted to see the decorated Christmas trees around the school and the beautiful lights on in the playground.

Children have been working hard at school and teachers are pleased with their progress. Please continue to support your child's learning from home by reading, accessing online tools such as Bug Club, Mathletics and Times Table Rock Stars. Please ensure your child gets plenty of rest and goes to bed at a suitable time. A child's emotional wellbeing is also vital for them to thrive. Talk to your child and ask them how they are feeling. What can they do to make themselves feel better and move into the 'green zone'?

Despite the weather getting colder our children still have opportunities to learn and play outside. I have included some pictures of children in our Nursery and Reception enjoying our interactive outdoor learning provisions.

Have a safe weekend.
Mrs Poulteney



What zone are you in?

Since September 2020 we are a Zones of Regulation School. This program is being used to support our students to build on their emotional vocabulary and develop strategies to self regulate. We would encourage parents to practice this at home and support their children in communicating their emotional state.

| The BLUE zone | The GREEN zone | The YELLOW zone | The RED zone |
|---|--|--|---|
| | | | |
| How might you feel? | How might you feel? | How might you feel? | How might you feel? |
| sad tired bored moving slowly | happy okay focussed ready to learn | nervous confused silly not ready to learn | angry frustrated scared out of control |
| What might help you? | What might help you? | What might help you? | What might help you? |
| Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes | The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn? | Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break | Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help |

Reminder of year group emails Covid email and info email

Parents please use the emails listed below. Staff are unable to respond from individual email addresses.

Year Group Teams:

Nursery - nursery@star.newham.sch.uk
 Reception - reception1@star.newham.sch.uk
 Year 1 - year1@star.newham.sch.uk
 Year 2 - year2@star.newham.sch.uk
 Year 3 - year3@star.newham.sch.uk
 Year 4 - year4@star.newham.sch.uk
 Year 5 - year5@star.newham.sch.uk
 Year 6 - year6@star.newham.sch.uk
 SENCO's - sen@star.newham.sch.uk

For all Covid related issues -
covid@star.newham.sch.uk

For all other enquiries -
info@star.newham.sch.uk



Questions about isolating?



I have symptoms and I am waiting for a test result! What should I do?

You should be self-isolating:

- you have [symptoms of coronavirus](#) and you have booked a test so you **must** isolate until you get your results. **Your children and anyone who lives in your household must isolate too.**

You must call the school if you or anyone in your household has symptoms, has had a test and are awaiting results on 020 7476 5336 or email covid@star.newham.sch.uk

What is self-isolation?

Self-isolation is when you **do not leave your home** because you have or might have coronavirus (COVID-19). This helps stop the virus spreading to other people.

Self-isolation is different to:

- [social distancing](#) – general advice for everyone to avoid close contact with other people
- [shielding](#) – advice for people at high risk from coronavirus

Information:

It's a legal requirement to self-isolate if you test positive or are told to self-isolate by NHS Test and Trace. You could be fined if you do not self-isolate.

When should a family self-isolate?

Self-isolate immediately if:

- you have any [symptoms of coronavirus](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- **you've tested positive for coronavirus or a family member has**
- **you live with someone who has symptoms or tested positive**
- **someone is waiting for test result in your household.**
- someone in your support bubble has symptoms or tested positive
- [you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app](#)
- you arrive in the UK from a country with a high coronavirus risk – see [GOV.UK: how to self-isolate when you travel to the UK](#)

Follow the link for NHS advice

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>