



Loving to learn, Learning to love.
For every child a chance to shine



LAYSTON C of E FIRST SCHOOL
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Headteacher: Mrs A McMurrough

12th February 2021

Dear Parents and Carers,

Mental health and well-being:

These are difficult and unprecedented times and we want to reassure our families that regularly taking breaks from home schooling is perfectly ok. 'Play' is learning too. We understand that families are feeling the strain and that some children are resistant to engaging with their home learning.

At this point the wellbeing of our families is more important than home schooling. Half term will provide an ideal opportunity to take that break. We recommend that families try some activities such as walking, creating together, board games, watching TV and films and being active together; having fun with your children. Engaging in fun activities that your child loves will help boost their self-esteem and also support emotional regulation, enabling them to find a calm space in the day. If you want to know more about emotional regulation please see the well-being section of the website.

Important information please read:

The email address to use to notify us of a positive Covid case during the February half term break is covid@layston.herts.sch.uk.

Covid testing during the February half term holiday period.

If your child tests positive for coronavirus (COVID-19) at any point during the half term break, please notify us as soon as possible so we can complete the relevant tracking and tracing process with public health, if required, and notify any other children or staff who have been close contacts and who need to self-isolate.

Covid 19:

Remember as soon as your child or any member of your household develops symptoms, they must start self-isolating immediately and book a test. Main symptoms of coronavirus are:

- a high temperature (37.8 deg C or more)
- a new, continuous cough - this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste - this means they cannot smell or taste anything, or things smell or taste different to normal

If you're not sure whether symptoms suggest that they have COVID-19 or an everyday cough or cold, you can consult this online NHS symptom checker: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>





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If your child is attending school please do not send children in to school if any of the following apply:

- they have symptoms of coronavirus (COVID-19)
- they, or any members of your household, have tested positive for COVID-19
- they haven't completed the full 10 day isolation period requested

Self-isolating is one of the most important things we can all do to help stop the spread of the virus and protect our loved ones and the vulnerable. You can read our helpful self-isolating guide at: www.hertfordshire.gov.uk/selfisolatingguide

If you or your family are affected by COVID-19 and need support locally with things like shopping, getting medication or financial advice, visit: www.hertfordshire.gov.uk/coronavirus

Have an enjoyable half term, stay safe and remember that we are here to support you.

Best wishes
Adele McMurrough
Headteacher

