



Dear Parents & Carers,

**NEW NATIONAL  
RESTRICTIONS**

From Thursday 5 November

### National Lockdown

As you know another national lockdown begins at midnight tonight. However, schools will be remaining open and therefore your child should come to school as normal tomorrow. We realise this is a really concerning time for all parents but please be assured that at EWPS we are continually reviewing our procedures as updated government advice becomes available.

#### How can parents help?

You can help reduce the risk to your family and others by helping with some simple actions:



1. Minimise the time you are waiting for your child as much as possible (don't come early)
2. As soon as you have dropped your child off or collected them go straight home
3. Keep a 2-metre social distance at all times
4. Wear a mask if possible.
5. Remember to wash your hands frequently

#### What if my child or someone in the household shows COVID symptoms?

- **YOU MUST NOT BRING YOUR CHILD TO SCHOOL IF THEY OR ANYONE IN YOUR HOUSEHOLD HAVE HAD COVID SYMPTOMS WITHIN THE LAST 14 DAYS.**
- If your child has symptoms of coronavirus - high fever, new continuous cough, loss of taste or smell – please arrange a test through the Test and Trace service immediately (call 119).
- Keep them at home and follow the self-isolation guidelines for you and your family until you receive the result of the test.  
<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>
- Please let us know the results of the test immediately.
- Depending on the result, we will either ask you to self-isolate or let you know when you can return to school.



#### I still have questions about COVID measures in school – how can I speak to someone?

- Leave a message with any member of staff at the gates or lines
- Call us on 0207 5119414
- Email us: [info@ellenwilkinson.newham.sch.uk](mailto:info@ellenwilkinson.newham.sch.uk)

Thank you for your continued commitment and support during this challenging time, it is very much appreciated.

**Take care and stay safe.**

**Sue Ferguson**

## General Messages



### Parent Governor Vacancy

#### Your school needs you!

We realise that due to the impact of the national lockdown announcement some people may have not had the opportunity to submit their nominations. Therefore, we have extended the deadline for parent governor nominations until 4 pm on Monday 9th November.



### Nursery Parents –

#### Reception Applications

Please remember that your child's application form for Reception class must be submitted by 15<sup>th</sup> January 2021. If you need any help with doing this please speak to Delia Paul or anyone in the nursery.

### Breakfast Club

Breakfast Club has started again as many of you had requested. If you would like your child to attend please use the link below to complete an application even if your child has attended previously.

Entrance times will be between 7:30 - 7:45am. Please ensure no payment is made until you have received a confirmation from Breakfast Club confirming your space.

Reception children may use breakfast club from January.

[https://docs.google.com/forms/d/e/1FAIpQLSdGpysPluUF3dRdGpw2HCC-71gJfhpaVIJEgDVveT84ajvL-w/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdGpysPluUF3dRdGpw2HCC-71gJfhpaVIJEgDVveT84ajvL-w/viewform?usp=sf_link)

### How to apply for Free School Meals

**If your family's circumstances have changed, we would strongly suggest you apply if you think you may be eligible.**



To apply please follow the link: <https://www.newham.gov.uk/Pages/Services/Free-school-meals.aspx>

## Well-Being Tips



### Every Mind Matters

Feeling stressed and anxious is normal, especially with all that is going on at the moment. One in five adults has felt panicked and three out of 10 people have felt afraid because of the coronavirus pandemic.

There is no need to suffer alone or in silence and there are many excellent resources available which can help anyone who requires additional support.

NHS Every Mind Matters has a wealth of resources to help including a tool to help people make a mind plan to help people deal with stress and anxiety, improve sleep, boost their mood and feel more in control.

<https://www.nhs.uk/oneyou/every-mind-matters/>

### **Do you have a child under 5?**

#### **Need to reach out and talk to someone?**

The family support team at BaRD Children's Centre is here to support you !

Times: available Monday to Friday (9am to 3 pm)

07392 196 124 / 07870 365 797

**Or pop in to speak to someone.**

**Access is via the house gate on Dove Approach.**





## Stars of the week



Our stars are awarded in our Friday virtual assembly to children who have shown particular commitment to our school values during the week. To say thank you they also get 3 House Points and a star of the week pencil to use in school or take home (which have now arrived!)

Value	Inspire	Respect	Successful	Resilient	Heard and Cared For
Guppy 1	Sophia	Sofia	Elena	Robert	Natali
Guppy 2	Klaudija	Nicolas	Spencer	Stefania	Austeja
Clownfish	Zain	Natalie	Ibrahim	Jayden	Daniel L
Lionfish	Fionel	Luca	Hasan	Farwa	Saule
Jellyfish	Ruby-Jo	Sajda	Kartar	Michael	David
Starfish	Alexandra	Orion	Simon	Glory	Emma
Lobster	Artjom	Ulliel	Kesar	Fisayo	Deniz
Turtle	Patricija	Kevin	Kian	Christopher	Daisie
Octopus	Kelicia	Zoya	Melissa	Mary	Morgana
Seahorse	Zain	Dominik	Maxi	Casandra	Sofia
Stingray	Neeriah	Jonas	Joseph	Merita	Jessica
Dolphin	Junaid	Ava	Marli	Gabriel	Oscar
Shark	Agota	Jay	Zainab	Daniel	Archie
Whale	Erika	Joy	Emily	Luca	Aderayo