













Thank you so much for sending your child's picture, poem or art work which supports our wonderful NHS. Please keep sending these to the class teacher so that we can display them on the school's website. They really do look amazing!

### To My Mum

To everyone that lives in this universe

I want you to know that my mum is a nurse

She goes and helps people during the night And tries really hard to make things right

The nurses are helpful, kind and they inspire us So please stay home and be safe from the virus

Not only the NHS is full of hero's

But also everyone that helps in this fight

Let's all together bring the numbers down to zero

And make our future happy, healthy and bright!

By Emy April 2020 Dear parents/carers,

Following the changes to the recent coronavirus outbreak situation, I am writing to keep you up to date with the latest developments we have put in place to support you and your family.

The school is continuing to do everything we can to support your child during this time, including remaining open for the children of key workers.

#### Home Learning

Your child's learning is important to us and we'll continue to help them learn. Your child is expected to complete the home learning packs the teachers prepare each week. I am sure that you have had some challenges during your home learning experience so far and are doing a fantastic job supporting your child.

Every week the new home learning packs are loaded onto the school website ready for you and your child to start on Monday. Remember if you need any help or support, please contact your child's teacher using Class Dojo or use the email addresses below:

eps_nursery@eps.barking-dagenham.sch.uk	year5@eps.barking-dagenham.sch.uk
eps_reception@eps.barking-dagenham.sch.uk	year6@eps.barking-dagenham.sch.uk
year1@eps.barking-dagenham.sch.uk	eps_sunshine@eps.barking-dagenham.sch.uk
year2@eps.barking-dagenham.sch.uk	deafarp@eps.barking-dagenham.sch.uk
year3@eps.barking-dagenham.sch.uk	specialedcuationIneeds@eps.barking-dagenham.sch.uk
year4@eps.barking-dagenham.sch.uk	wellbeing mentalhealth@eps.barking-dagenham.sch.uk

## Supermarket Vouchers

The government has offered to support pupils who are entitled to Pupil Premium Funding. If you have already successfully applied for Pupil Premium Funding the school emailed you last week to confirm your email address, and you will receive your Supermarket Vouchers this week. If you have not been contacted by the school but believe you are eligible please use this link to apply to the London Borough of Barking and Dagenham:

https://www.lbbd.gov.uk/financial-support-for-pupils-and-students

You will be then sent a letter confirming that your child is entitled to Pupil Premium Funding which you can then give to the school so that we can order the vouchers for you. Please remember to apply for each child in your family.

#### Online Safety

During this time, we are aware that you are using the internet and a range of websites to support your child at home. It is therefore vital that you take the necessary steps to ensure that your child's online safety is protected at all times. Here are some recommended resources and you can use to ensure they stay safe online:

London Grid for Learning - for support for parents and carers to keep their children safe online

Net Aware - for support for parents and carers from the NSPCC

Thinkuknow - for advice from the National Crime Agency to stay safe online

#### **Future Plans**

We will reopen as soon as the government advises us that it is safe to do so. When this is the case, we will inform you by text and email. We will continue to keep you up to date with any further information that we receive. We understand that these changes will impact you and your family. Thank you for your patience and support at this time and if there is anything you feel we can do to support you, please contact us.

Stay home and stay safe.

With very best wishes to you and your family.

Lisa Shepherd

Headteacher

# Reminders:

All support for Home Learning will be available on the school welcome page, including packs from previous weeks

Year group emails are available on the school home learning page Please stay in contact with your child's class teacher through Dojo



# Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



#### If your child has any of the following:

- · Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts grunting
- · Severe difficulty in breathing becoming agitated or unresponsive
- · Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- · Has testicular pain, especially in teenage boys

#### You need urgent help:

Go to the nearest A&E department or phone 999



#### If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- · Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- · Is getting worse or if you are worried
- · Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

# You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you.

However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed.

If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



#### If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional advice is available to families for coping with crying of well babies
- Additional advice is available for children with complex health needs and disabilities.

#### Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111



