

Newsletter

15/04/2020

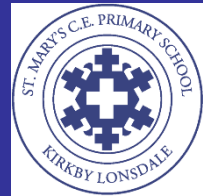
St Mary's Church of England School, Kirkby Lonsdale

STAY AT HOME

PROTECT THE NHS

save lives

THANK YOU TO THE NHS



Dear parents, carers, children and families of St Mary's School.

At challenging times there are people who stand out because they have an amazing character which is caring, defiant and selfless. They want to do their bit in response to those who are doing so much such as those working within the NHS. It is wonderfully remarkable that Capt. Tom Moore, without personal agenda wants to make a difference whilst celebrating and marking his 100th birthday. No wonder, that many of us have been moved and challenged by the heroic efforts of Thomas Moore who just wants to contribute to support others. Despite being at home – in isolation with his family, he has found a way to contribute to society and the NHS community, being productive in the isolation. I am not sure if I will manage to be able to be so active at 99 and heading towards 100 but it would be lovely to think that I was still thinking of others at such a grand age. As we adjust, cope and find ways to learn together at home, work in these times and be together, Tom is certainly someone to think about as we all respond to the coronavirus situation. The UK and many other nations, tuned in to see what our Queen said, another nonagenarian, who has been through many challenging situations and crises. She commented that 'We will succeed – and that success will belong to every one of us. We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again. But for now, I send my thanks and warmest good wishes to you all.'



As we look to the better days to come, I hope the children and all of our families find a way to learn together and stay well whilst finding a positive and creative path towards the end of the crisis.

Honesty Trust Responsibility Perseverance Respect



I have been particularly buoyed by the comments and emails that have come to us as you share your photos. We can't always manage to reply when you send photos but it is a great pleasure to hear from you.

Thank you to the vast majority who are really connecting with Google Classroom/Dojo or Tapestry and the lessons and interactive meetings taking place. Keep going and encouraging each other as you learn at home.

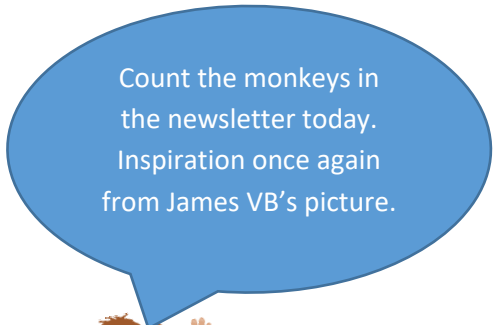
Here is the link if any of the children would like to donate to Capt. Tom Moore's justgiving page for the NHS.

<https://www.justgiving.com/fundraising/tomswalkforthenhs>

P.S. During the time it has taken me to write this newsletter Tom Moore made over £2 million for the NHS Charities from generous giving – wonderful news. Please continue to also show your support on Thursdays at 8:00pm.

Exciting News ...

Congratulations to Colin and Angela Johnson on their new arrival, Molly Violet who arrived last week. It is lovely to hear such good news at the moment! Annie and Thomas are clearly delighting in their new role as big brother and sister!



Count the monkeys in the newsletter today. Inspiration once again from James VB's picture.

Helpful information . . .

As part of the Govt. regulations you may want to take note of this additional information.

15. Can I exercise more than once a day if I need to due to a significant health condition?

You can leave your home for medical need. If you (or a person in your care) have a specific health condition that requires you to leave the home to maintain your health - including if that involves travel beyond your local area - then you can do so. This could,



FOR PARENTS

A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance.



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT WWW.NHS.UK

Designed by primary and secondary care clinicians from Barts Health & North-East London STP



YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- ▶ Collapsed/unresponsive/loss of consciousness
- ▶ No obvious pulse or heartbeat
- ▶ Severe allergic reaction

BEHAVIOUR

- ▶ Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- ▶ Seizure/jerking movements/fit

BREATHING

- ▶ Sucking in and out between ribs
- ▶ Flaring nostrils
- ▶ Extremely fast breathing
- ▶ Noisy breathing

OTHER

- ▶ Bleeding from an injury, that doesn't stop after 10 minutes of pressure

YOU SHOULD GO TO A&E IF

APPEARANCE

- ▶ Dizziness/feeling faint
- ▶ Rash that does not fade when you press it

BEHAVIOUR

- ▶ Severe constant tummy pain

OTHER

- ▶ Burn
- ▶ Possible broken bone

OTHER

- ▶ Swallowed foreign objects (especially magnets/batteries)
- ▶ Temperature higher than 38°C in a baby younger than three months old
- ▶ Your child has special health care needs and you have a plan that tells you to go to A&E
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant selfharm thoughts

YOU SHOULD CALL YOUR GP IF

APPEARANCE

- ▶ Mild/mod allergic reaction (known or suspected)
- ▶ New rash that fades when you press on it

BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Severe tummy pain that comes and goes
- ▶ Vomiting and diarrhoea
- ▶ Not passed urine for more than 12 hours

BREATHING

- ▶ Wheezing/fast breathing

OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for more than 7 days
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress, that can't be reassured

YOU SHOULD CHECK WITH 111 OR YOUR COMMUNITY PHARMACIST IF

APPEARANCE

- ▶ Pink eyes/red eyes

BEHAVIOUR

- ▶ Ear pain for less than 2 days
- ▶ Mild tummy pain that comes and goes

BREATHING

- ▶ Cough
- ▶ Runny nose

OTHER

- ▶ Temperature over 38°C for less than 7 days

School – What has been happening this week while we learn at home?



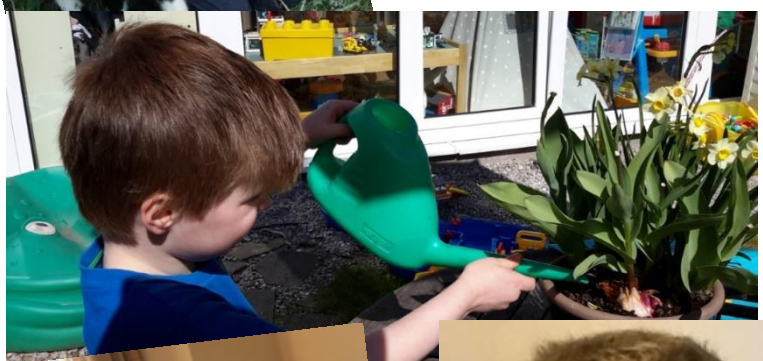
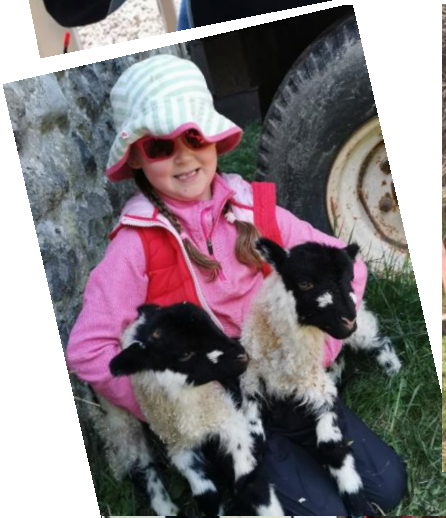
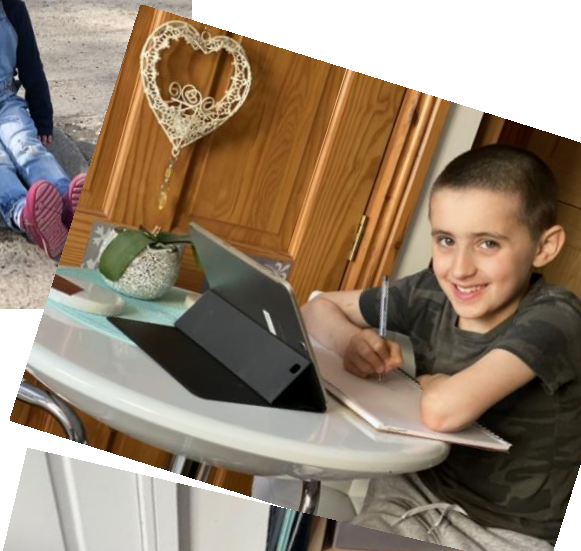


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Perseverance Respect

Ofsted Good School 2017

THE CHURCH OF ENGLAND OUTSTANDING



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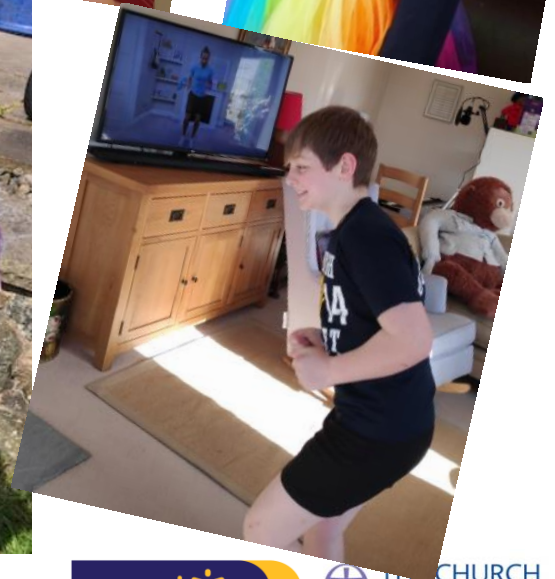
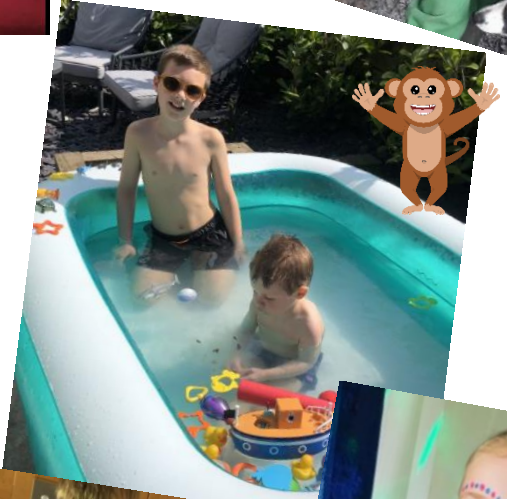
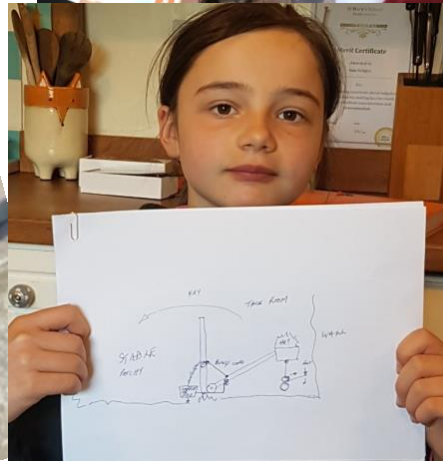
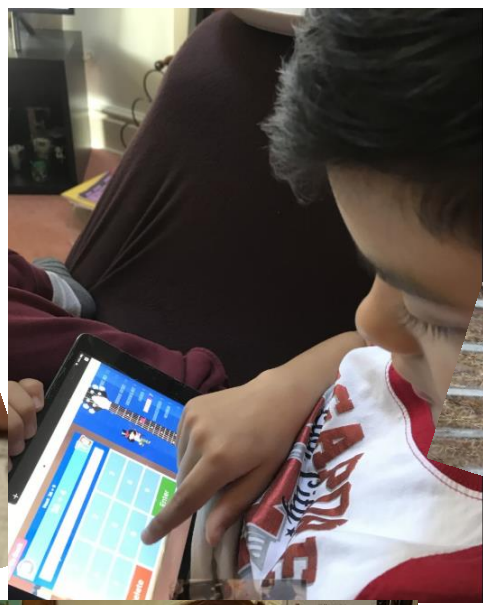
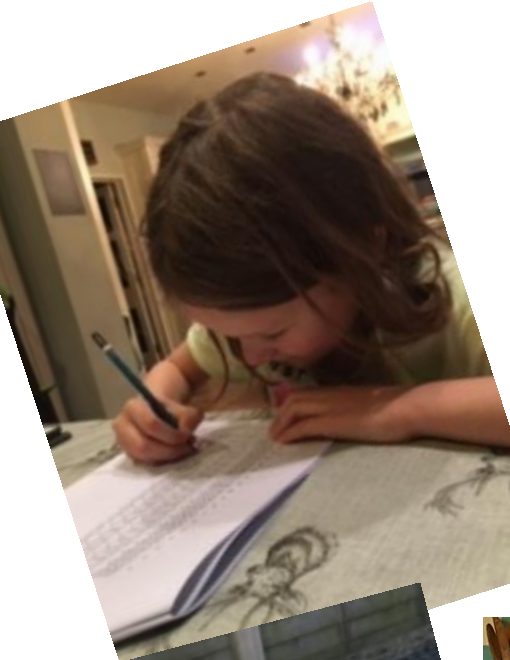




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OUTSTANDING

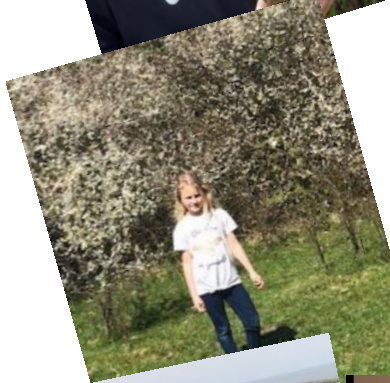
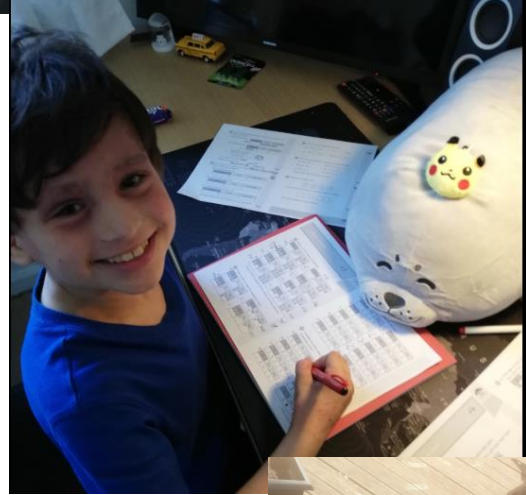
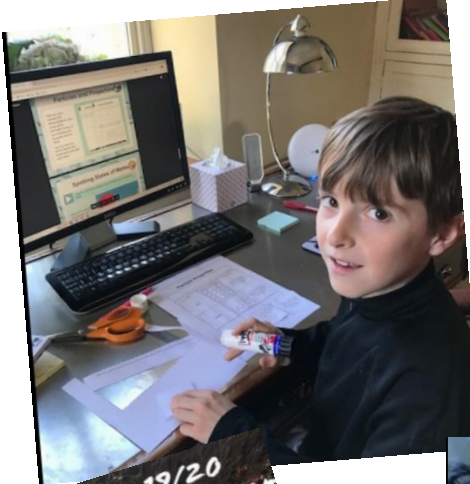


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2017









Honesty

Trust

Responsibility

Perseverance

Respect

Ofsted
Good School

2017

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