



PSHE Update from Miss Ward

To support our PSHE (Personal, Social, and Health Education) teaching within school, we continue working in partnership with the Public Health Team in Newcastle in order to provide a range of health improvement and health promotion activities for our children. The School Nurse will offer advice, information and support in the delivery of a variety of health issues.

Year 1 will participate in a session on dental care, touching on healthy food choices and Year 2 will explore feelings including good and bad secrets. The core theme of relationships, looking into feelings and emotions, will be delivered in Years 3 and 4. In Year 5, children will have an opportunity to learn how to maintain good hygiene routines and how this may change when their body changes during puberty. The effects of smoking and body changes and puberty will be discussed with Year 6.

You may have read in the press about changes to the national primary relationships and health education policy for primary schools. We are an early adopter of this curriculum (it does in fact reflect what we have already been teaching for many years). We will be sending out a short survey (the link for which is detailed below) to gain parents' views on our PSHE and RHE curriculum, but prior to that I would urge parents to read very carefully what the new curriculum **actually** contains as it has been vastly distorted in the press.

[Survey - Parental Views on PSHE and RHE Curriculum](#)

The new statutory guidance for RHE (primary) and RSHE (secondary) is available here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>.

Coronavirus Update

Understandably there is currently a lot of concern about the coronavirus. Please be assured that as a school we receive up to date guidance from Public Health England and from Newcastle City Council. We are continually reviewing the situation and will keep you updated of any changes to guidance. These will be posted on our website and on our social media pages.

During this time it is important that we maintain and reinforce good hygiene practice at home, as we will at school without causing any unnecessary worry or upset. Thank you in advance for your help and support and also for monitoring the health and wellbeing of children should you have been travelling abroad.

Should there be an actual confirmed case of coronavirus connected with our school we will make sure that the wellbeing of children, staff and parents is paramount and may need to close temporarily to ensure our building is deep cleaned. This will be a last resort for us, although we will of course follow any official guidelines produced by the Department for Health and the Department for Education. We acknowledge that this would cause considerable inconvenience for many parents and so will be only taken as emergency action when we have a confirmed case connection or following an official order.

We will work with Robertsons our school buildings premises officers to ensure our school building is cleaned and that appropriate hygiene procedures are put in place.

In response to the enquiries we have received from parents and governors I have included all the information provided to us as a school and which we will follow in the case of a notified case.

Just to finally reassure everyone we have no confirmed cases of Coronavirus at school for pupils or staff.

Dear Head Teacher,

Please see below an update from Public Health England (PHE) on Coronavirus.

Please note the change to travellers from the following areas:

If you have returned from these specific areas since February 19, you should call NHS111 and stay indoors and avoid contact with other people even if you do not have symptoms:

- Iran
- Specific lockdown areas in Northern Italy as designated by the Government of Italy ([Category 1 on map](#)).
- Special care zones in South Korea as designated by the Government of the Republic of South Korea
- Wuhan and Hubei province (returned in the past 14 days)

The infographic is titled 'Advice on the coronavirus for places of education' and is issued by Public Health England. It provides guidance on how serious the virus is, how likely one is to catch it, and how to stop its spread. It includes sections on what to do if you feel unwell and an emergency contact number.

How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

How can you stop coronaviruses spreading?

If you need to cough or sneeze

- Catch it with a tissue
- Bin it
- Kill it by washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser

- After breaks & sport activities
- Before cooking & eating
- On arrival at any childcare or educational setting
- After using the toilet
- Before leaving home

Try not to touch your eyes, nose, and mouth with unwashed hands

Do not share items that come into contact with your mouth such as cups & bottles

If unwell do not share items such as bedding, dishes, pencils & towels

Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: [campaignresources.phe.gov.uk/schools](#)

What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call **NHS 111** for advice. Follow the UK Government advice for childcare or educational settings [gov.uk/government/publications/guidance-to-educational-settings-about-covid-19](#). Parents can visit [NHS.UK](#) to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Wuhan and Hubei Province in China should self isolate, and NOT attend education or work for 14 days. See [NHS.UK](#) for advice on coronavirus.

If there is an emergency, call 999 immediately

Advice to schools in the Newcastle on Coronavirus (COVID-19)

All schools in the city currently remain open.

Public Health England (PHE) and the office of the Chief Medical Officer are clear in their advice that **schools do not need to close**.

Support from Public Health England is given to schools about their options if staff or pupils have been advised by Public Health England to self-isolate for 14 days.

This is known to have been an issue for only a few schools in the UK where members of their community had contact with an individual who has tested positive for coronavirus.

In such circumstances, Head Teacher's and School Governing Bodies need to consider the actions to take based on the individual circumstances at the school along with the wellbeing of pupils being paramount.

Advice for travellers from China from Public Health England (PHE)

This is an evolving situation and the advice may continue to change based on emerging information from China about the number of cases and spread of the infection from person to person, please keep checking the Public Health England (PHE) website for the most up to date information.

Travellers from:

- Wuhan and Hubei province (returned in the past 14 days)
- Iran (applies to individuals who returned from these specific areas on or after 19 February 2020)
- Specific lockdown areas in Northern Italy as designated by the Government of Italy ([Category 1 on map](#)) (applies to individuals who returned from these specific areas on or after 19 February 2020)

- **Special care zones in South Korea as designated by the Government of the Republic of South Korea (applies to individuals who returned from these specific areas on or after 19 February 2020)**

If you have travelled from the above to the UK (in the timescales detailed) you should immediately:

- stay indoors and avoid contact with other people as you would with the flu
- call NHS 111 to inform them of your recent travel to the area

Please follow this advice even if you do not have symptoms of the virus.

Travellers from elsewhere in China

If you have travelled from elsewhere in China to the UK in the last 14 days you do not need to avoid work, school or public areas.

However, if you have travelled from elsewhere in China to the UK in the last 14 days and develop symptoms of cough, fever or shortness of breath, you should immediately:

- stay indoors and avoid contact with other people as you would with the flu
- call NHS 111 to inform them of your recent travel to the country

Please follow this advice even if your symptoms are minor.

Travellers from other areas of Asia

If you have travelled to the UK in the last 14 days from:

- Hong Kong
- Japan
- Macau
- Malaysia
- Singapore
- Taiwan
- Thailand

you do not need to avoid work, school or public areas.

However, if you have travelled from the above areas to the UK in the last 14 days and develop symptoms of cough, fever or shortness of breath, you should immediately:

- stay indoors and avoid contact with other people as you would with the flu
- call NHS 111 to inform them of your recent travel to the country

Please follow this advice even if your symptoms are minor.

Travellers from elsewhere in Northern Italy ([Category 2 on map](#)) or South Korea

If you have travelled to the UK on or after the 19th February 2020 from elsewhere in Italy or South Korea you do not need to avoid work, school or public areas.

However, if you have travelled from the above areas to the UK on or after the 19th February and develop symptoms of cough, fever or shortness of breath, you should immediately:

- stay indoors and avoid contact with other people as you would with the flu
- call NHS 111 to inform them of your recent travel to the country

Please follow this advice even if your symptoms are minor.

What this means in practice

Public Health England (PHE) are asking people to take simple, common-sense steps to avoid close contact with other people as much as possible, like they would with other flu viruses.

Frequently Asked Questions

This guidance will assist schools and other educational settings in providing advice for pupils, students, staff and parents or carers regarding: the novel coronavirus, COVID-19, how to help prevent spread of all respiratory infections including COVID-19, what to do if someone confirmed or suspected to have COVID-19 has been in a school or other educational setting, and what advice to give to individuals who have travelled from China, Hong Kong, Japan, Macau, Malaysia, Republic of Korea, Singapore, Taiwan or Thailand within the last 14 days

1. Travel to China

With regards to travel information to China or other countries for pupils or students resident or boarding in the UK, we recommend following the Foreign and Commonwealth Office (FCO) country advice pages. At present, FCO advises against all travel to Hubei Province due to the ongoing COVID-19 outbreak. The FCO also advises against all but essential travel to the rest of mainland China (not including Hong Kong and Macau).

2. How COVID-19 is spread

From what we know about other coronaviruses, spread of COVID-19 is most likely to happen when there is close contact (within 2 metres or less) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

Droplets produced when an infected person coughs or sneezes (termed respiratory secretions) containing the virus are most likely to be the most important means of transmission.

There are 2 routes by which people could become infected:

- secretions can be directly transferred into the mouths or noses of people who are nearby (within 2 metres) or could be inhaled into the lungs
- it is also possible that someone may become infected by touching a surface or object that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching a door knob or shaking hands then touching own face).

There is currently no good evidence that people who do not have symptoms are infectious to others.

3. Preventing spread of infection

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

There are general principles anyone can follow to help prevent the spread of respiratory viruses, including:

- washing your hands often - with soap and water, or use alcohol sanitiser if handwashing facilities are not available. This is particularly important after taking public transport
- covering your cough or sneeze with a tissue, then throwing the tissue in a bin. See Catch it, Bin it, Kill it
- people who feel unwell should stay at home and should not attend work or any education or childcare setting

Pupils, students, staff and visitors should wash their hands:

- before leaving home
- on arrival at school
- after using the toilet
- after breaks and sporting activities
- before food preparation
- before eating any food, including snacks
- before leaving school
- use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who are unwell
- clean and disinfect frequently touched objects and surfaces
- if you are worried about your symptoms or those of a child or colleague, please call NHS 111. Do not go directly to your GP or other healthcare environment see further information on the Public Health England Blog and the NHS UK website.

PHE has a suite of materials that contains public health advice about how you can help stop the spread of viruses, like those that cause COVID-19, by practicing good respiratory and hand hygiene. To access, download and share this information you will need to register for an account which only takes a couple of minutes.

Face masks for the general public, pupils or students, or staff are not recommended to protect from infection, as there is no evidence of benefit from their use outside healthcare environments.

4. Should I send my child to school?

Yes. The safety, welfare and wellbeing of all in our schools community is our primary concern and a constant dialogue has, and will continue, to take place with the relevant authorities. The council is working in collaboration with and is being guided by Public Health England and the NHS to ensure that we are giving all schools the right advice.

Public Health England and the office of the Chief Medical Officer are clear in their advice that schools do not need to close.

At this present time, there is low risk for anyone attending our school. On advice from the Chief Medical Officer, the risk has been declared as "moderate" - a level which allows government to plan for all eventualities, but ultimately the risk to individuals remains "low".

The release of trusted and accurate information will always be released initially by the Chief Medical Officer. Further guidance will then be issued by Public Health England, the Department for Health and Social Care or the NHS. The Local Authority will also support those messages.

You can find the latest information and advice from Public Health England at www.gov.uk/coronavirus.

5. What to do if children, pupils, students or staff become unwell and believe they have been exposed to COVID-19 (either through travel to China and other affected countries or contact with a confirmed case)

Call NHS 111, or 999 in an emergency (if they are seriously ill or injured or their life is at risk), and if appropriate, explain which country they have returned from in the last 14 days. You can do this on their behalf if this is easier. People who become unwell should be advised not to go to their GP, pharmacy, urgent care centre or a hospital.

Whilst you wait for advice from NHS 111 or an ambulance to arrive, try to find somewhere safe for the unwell person to sit which is at least 2 metres away from other people. If possible, find a room or area where they can be isolated behind a shut door, such as a staff office or meeting room. If it is possible to open a window, do so for ventilation. They should avoid touching people, surfaces and objects and be advised to cover their mouth and nose with a disposable tissue when they cough or sneeze and put the tissue in the bin. If no bin is available, put the tissue in a bag or pocket for disposing in a bin later. If you don't have any tissues available, they should cough and sneeze into the crook of their elbow. The room will need to be cleaned once they leave.

If they need to go to the bathroom whilst waiting for medical assistance, they should use a separate bathroom if available.

Make sure that children and young people know to tell a member of staff if they feel unwell.

6. What to do if a case of COVID-19 (pupil, student or staff) is suspected in your childcare or education setting

If anyone has been in contact with a suspected case in a childcare or educational setting, no restrictions or special control measures are required while laboratory test results for COVID-19 are awaited. There is no need to close the setting or send other learners or staff home. As a precautionary measure, the NHS are currently testing a very large number of people who have travelled back from affected countries, the vast majority of whom test negative. Therefore, until the outcome of test results is known there is no action that staff members need to take.

Once the results arrive, those who test negative for COVID-19 will be advised individually about return to education.

7. What to do if a case of COVID-19 (pupil, student or staff) is confirmed in your childcare or education setting

The childcare or educational setting will be contacted by the local Public Health England Health Protection Team to discuss the case, identify people who have been in contact with them and advise on any actions or precautions that should be taken. An assessment of each childcare or education setting will be undertaken by the Health Protection Team with relevant staff. Advice on the management of pupils or students and staff will be based on this assessment.

The Health Protection Team will also be in contact with the patient directly to advise on isolation and identifying other contacts, and will be in touch with any contacts of the patient to provide

them with appropriate advice. Advice on cleaning of communal areas such as classrooms, changing rooms and toilets will be given by the Health Protection Team and is outlined later in this document.

If there is a confirmed case, a risk assessment will be undertaken by the educational establishment with advice from the local Health Protection Team. In most cases, closure of the childcare or education setting will be unnecessary but this will be a local decision based on various factors such as establishment size and pupil mixing.

8. What to do if pupils, students or staff in your institution are contacts of a confirmed case of COVID-19 who was symptomatic while attending your childcare or educational setting

The definition of a contact includes:

- any pupil, student or staff member in close face-to-face or touching contact including those undertaking small group work (within 2 metres of the case for more than 15 minutes)
- talking with or being coughed on for any length of time while the individual is symptomatic
- anyone who has cleaned up any bodily fluids of the individual
- close friendship groups
- any pupil, student or staff member living in the same household as a confirmed case, or equivalent setting such as boarding school dormitory or other student accommodation

Contacts are not considered cases and if they are well, they are very unlikely to have spread the infection to others, however:

they will be asked to self-isolate at home, or within their boarding school dormitory room, for 14 days from the last time they had contact with the confirmed case and follow the home isolation advice sheet:

- they will be actively followed up by the Health Protection Team
- if they develop any symptoms within their 14-day observation period they should call NHS 111 for assessment
- if they become unwell with cough, fever or shortness of breath they will be tested for COVID-19
- if they require emergency medical attention, call 999 and tell the call handler or ambulance control that the person has a history of potential contact with COVID-19
- if they are unwell at any time within their 14-day observation period and they test positive for COVID-19 they will become a confirmed case and will be treated for the infection

Family and friends who have not had close contact (as listed above) with the original confirmed case do not need to take any precautions or make any changes to their own activities such as attending childcare or educational settings or work, unless they become unwell. If they become unwell, they should call NHS 111 and explain their symptoms and discuss any known contact with the case to consider if they need further assessment.

If a confirmed case occurs in an educational setting the local Health Protection Team will provide you with advice and will work with the headteacher, principal and or management team of that setting. Outside those that are defined as close contacts, the rest of the school does not need to take any precautions or make any changes to their own activities attending educational establishments or work as usual, unless they become unwell. If they become unwell they will be assessed as a suspected case depending on their symptoms. This advice applies to teaching staff and children in the rest of the class who are not in a close friendship group or children undertaking small group work. The decision as to whether pupils, students and staff fall into this contact group or the closer contact group will be made between the Health Protection Team, the educational setting and (if they are old enough) the student. Advice should be given as follows:

- if they become unwell with cough, fever or shortness of breath they will be asked to self-isolate and should seek medical advice from NHS 111
- if they are unwell at any time within the 14 days of contact and they are tested and are positive for COVID-19 they will become a confirmed case and will be treated as such.

9. What is Self-isolation?

Public Health England prioritise contacting people who might have had close and sustained contact with an individual who has tested positive for the 2019 Novel Coronavirus.

Self-isolating is a precaution to provide people with health advice about any symptoms in case they become unwell. These people are being advised to “self-isolate” which means they should stay at home and avoid contact with other people as a precaution. It does not mean they are ill and people who have had contact with these individuals do not need to take action.

Those who have been told to 'self-isolate' are being asked to avoid other people and stay at home and not go to work or school.

During this time, they will be supported by Public Health England (PHE), who are monitoring them and will undertake further testing if they show any symptoms of the virus, and provide any further care needed.

10. What to do if pupils, students or staff return from travel anywhere else in the world within the last 14 days

Currently there are minimal cases outside the risk areas and therefore the likelihood of an individual coming into contact with a confirmed case is low.

There is no need to advise any of these pupils, student or staff to avoid normal activities or educational settings unless they have had contact with a confirmed case of COVID-19.

If individuals are aware that they have had close contact with a confirmed case of COVID-19 they should contact NHS 111 for further advice.

For the latest country specific information please visit [NaTHNaC Travel Pro](#).

11. What to do with post, packages or food sent from Wuhan or Hubei Province in China and other areas/countries specified as above within the last 14 days

There is no need to change how you handle post, packages or food received from the affected regions. The virus does not survive well for long periods outside the body and so it is highly unlikely that COVID-19 can be spread through post or packages. It is highly unlikely that COVID-19 can be spread through food.

12. What to do with rubbish in the educational establishment, including tissues, if children, students or staff become unwell with suspected COVID-19

All waste that has been in contact with the individual, including used tissues, and masks if used, should be put in a plastic rubbish bag and tied when full. The plastic bag should then be placed in a second bin bag and tied. It should be put in a safe place and marked for storage until the result is available. If the individual tests negative, this can be put in the normal waste.

Should the individual test positive, you will be instructed what to do with the waste.

13. Tools for use in childcare and educational settings

Use e-Bug resources recommended by the National Institute of Clinical Excellence to teach pupils about hygiene. Key sections that may be useful are:

13.1 [KS1: Horrid Hands and Super Sneezes](#)

Horrid hands

Super sneezes

13.2 [KS2: Hand Hygiene and Respiratory Hygiene](#)

Hand hygiene

Respiratory hygiene

13.3 [KS3: Hand Hygiene and Respiratory Hygiene](#)

Hand hygiene

Respiratory hygiene

14. Hygiene advice from Public Health England

Like with other illnesses, coronavirus infection usually occurs through close contact with a person with novel coronavirus via cough and sneezes or hand contact.

Everyone is being reminded to follow Public Health England (PHE) advice to:

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands with soap and water
- Wash your hands often with soap and water, especially after using public transport.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact.

You can find the latest information and advice from Public Health England at www.gov.uk/coronavirus.

15. Environmental cleaning following a possible case

Once a possible case has been transferred from the premises to the appropriate Hospital, the room where the pupil or service user was placed should not be used, the room door should remain shut, with windows opened and the air conditioning switched off, until it has been

cleaned with detergent and disinfectant as advised by Public Health England (PHE).

Once this process has been completed, the room can be put back into use on the advice of Public Health England (PHE).

Preparation

The responsible person undertaking the cleaning with detergent and disinfectant should be familiar with these processes and procedures:

- collect all cleaning equipment and clinical waste bags before entering the room
- any cloths and mop heads used must be disposed of as single use items
- before entering the room, perform hand hygiene then use the PPE as advised by Public Health England (PHE).

On entering the room

- keep the door closed with windows open to improve airflow and ventilation
- whilst using detergent and disinfection products
- bag all items that have been used for the care of the patient as clinical waste, for example, contents of the waste bin and any consumables that cannot be cleaned with detergent and disinfectant
- remove any fabric curtains or screens and bag as infectious linen
- close any sharps containers wiping the surfaces with either a combined
- detergent disinfectant solution at a dilution of 1000 parts per million (ppm) available chlorine (av.cl.) or a neutral purpose detergent followed by disinfection (1000 ppm av.cl.)

Cleaning Process

Use disposable cloths/paper roll/disposable mop heads, to clean and disinfect all hard surfaces/floor/chairs/door handles/reusable non-invasive care equipment/sanitary fittings in the room, following one of the 2 options below:

- use either a combined detergent disinfectant solution at a dilution of 1000 parts per million (ppm) available chlorine (av.cl.) or a neutral purpose detergent followed by disinfection (1000 ppm av.cl.)
- follow manufacturer's instructions for dilution, application and contact times for all detergents and disinfectants any cloths and mop heads used must be disposed of as single use items.

Cleaning and disinfection of reusable equipment

- clean and disinfect any reusable non-invasive care equipment, such as blood pressure monitors, digital thermometers, glucometers, that are in the room prior to their removal
- clean all reusable equipment systematically from the top or furthest away point

Carpeted flooring and soft furnishings

If carpeted floors/item cannot withstand chlorine-releasing agents, consult the manufacturer's instructions for a suitable alternative to use, following or combined with detergent cleaning.

On leaving the room

- discard detergent/disinfectant solutions safely at disposal point
- all waste from suspected contaminated areas should be removed from the room and quarantined until patient test results are known (this may take 48 hours); if the patient is confirmed to have COVID-19 further advice should be sought from the local HPT
- clean, dry and store re-usable parts of cleaning equipment, such as mop handles
- remove and discard PPE as clinical waste
- perform hand hygiene

Cleaning of communal areas

If a suspected case spent time in a communal area, for example, a classroom or toilet facilities, then these areas should be cleaned with detergent and disinfectant (as above) as soon as practicably possible, unless there has been a blood/body fluid spill which should be dealt with immediately. Once cleaning and disinfection have been completed, the area can be put back in use on advice from Public Health England (PHE).

You can find the latest information and advice from Public Health England at www.gov.uk/coronavirus.

Updates and further information

You can find information and further links on our school website
www.westjesmondprimary.org.uk
/website/coronavirus/447469

ECO TOP TIP!



Zoe Y6M: Check your labels and choose food with lower air miles! Did you know you can also off set your carbon emissions from flying by planting trees? Many airlines offer this option when you buy your ticket!

Friends of West Jesmond – Quiz Night

It's nearly Quiz Time!! Friday, 6th March. Have you bought your ticket? The teachers have sorted out their team, so parents and community, are you up for a challenge? Tickets are available via SIMS Pay. It's a fun night out with Persian food and a cash bar! You'll be having fun and supporting the school!



With my very best wishes for a happy healthy week ahead,

Gary Wallis-Clarke

Young Achievers	
Gracie 1B	Stage 6 Gymnastics Award
Yasmin 1B	Stage 1 Swimming Award
Elijah 1C	25m Swimming Award
Martha 3ST	Painting, Performing and Network Stage 3 Guide Badges
Isla 1B	Stage 3 Swimming Award
Meg 2S	Level 6 and 7 Gymnastics Award
Olly 4F	Sports Coaching Course and Stage 1 Swimming Award
Rahaf 4C	Stage 2 Swimming Award
Rose R1	Ski and Snowboard Polar Bear Level 2
Finn 3L	2 Stars in Skiing
Audrey 1C	Skiing Medal
Miller R2	Fantastic writing about Science experiment!
Chloe 2E	7 th Kup in Taekwondo
Dillon 1C	Fantastic researching!