



We are growing  
our learning

# St John's Green Primary School

Learn to Live, Live to Learn

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We ♥  
Maths

We are all  
writers ...



# Newsletter

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### Is it a Cold, flu or Coronavirus

Please see page 2 of the newsletter for a useful synopsis on the difference between colds, flu and coronavirus, as well as the link to the article.

The long and the short of it, is that if your child has a cold there is no reason why they can't come to school although extra tissues in their bag would be handy!

### Danbury

Our Year 4 (Year 5) residential to Danbury does now seem a long time ago—and I think I've now recovered! Photos for parents will be forthcoming, but please bear with us. However—as a taster. These are some of the things we did—or at least the children did!



**PTA AGM:** The PTA AGM will be on Wednesday 14th October at 7.00p.m. in the AF Hall.

The PTA do, I know, have a raft of ideas up their sleeves for fund raising for the school in the current climate.

If you would like to get involved or are already an existing member of the PTA and would like to attend the meeting, you must let Mrs Taylor at AF know.

### After School Clubs

We have started to both look at and introduce some after school clubs and some of these will begin next week.

Please could I remind parents that when collecting their children from these clubs you must wait outside and maintain a 2m social distance.

**Year 1 Spanish.** Starts on Tuesday 22nd. 3.05—4.10p.m. In the small AF Hall—please collect from the main AF Playground

**Year 1 Dance.** Starts on Thursday 24th. 3.05—4.10p.m. In the main AF hall. Please collect from the front of the school. Please do not wait in the entrance lobby.

**Year 6 Dance.** Starts on Friday 25th. 3.15—4.15p.m. In the main AF hall. Please collect from the front of the school. Please do not wait in the entrance lobby.

**Year 2 Tennis.** Starts on Tuesday 29th. 3.20—4.30p.m. Please collect from the Middle Playground.

**Year 6 Football.** Starts on Wednesday 30th September. 3.15—4.15p.m. Please collect from the main AF Playground.

**Year 1 Tennis.** Starts on Friday 2nd October. 3.05—4.10p.m. Please collect from the main AF playground.

Children doing Tennis should wear their PE kit to school that day. Children doing football may wear their football kit—but MUST wear a black/blue tracksuit over the top until the football session.

### Breakfast Club

Just a reminder (again) that parents must sign their children in when the children are attending Breakfast Club. It is not acceptable to just drop them off and run.

Please also remember that Breakfast Club does have to be paid for through Sims Agora and the cost for each session is £2.20.

Details of how to pay via Sims Pay are on the school website in 'Parent Information' and then 'Sims Pay On-Line Payment'.

**"Practice isn't the thing you do once you're good. It's the thing you do that makes you good."** - Malcolm Gladwell

At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.

Jane D. Hull

YOUR CHILD WILL FOLLOW YOUR EXAMPLE, NOT YOUR ADVICE.

### PE

Children should come to school in their PE kit.

#### Year 1

Circus: Monday & Wednesday  
Roses: Wednesday & Thursday  
Eagles: Wednesday & Thursday

#### Year 2

Tuesdays & Thursdays

#### Year 3

Dutch: Wednesday & Friday  
Paxman: Wednesday & Friday  
Iceni: Monday & Wednesday

#### Year 4

Castle: Monday & Wednesday  
Garrison: Monday & Friday  
Cavalier: Monday & Friday

#### Year 5

Monday & Friday

#### Year 6

Lathe: Monday & Tuesday  
Cymbeline: Tuesday & Wednesday  
Trinovantes: Tuesday & Friday

### Ruqayyah

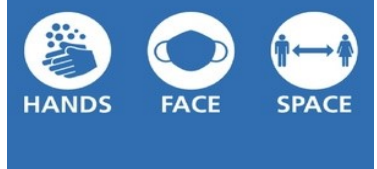
Huge congratulations to Ruqayyah who has begun to take the chess world by storm.



Ruqayyah has recently received first prize for the U8's in the English Youth On-Line Championship 2020.

She also qualified and played in the Grand Final—which is the best 200 chess players in the country.

Obviously, huge well done to Ruqayyah—an incredible achievement and one which we very much hope she'll excel at National level next year.



### Awards

- Year 6 (Trinovantes) - Corey (MLM)
- Year 6 (Cymbeline) - Isobel (MM)
- Year 6 (Lathes) - Luke (MM)
- Year 5 (Oysters) - Cameron (MM)
- Year 5 (Magnets) - Kiara (CC)
- Year 5 (Raedwald) - Preeya (RREX)
- Year 4 (Castle) - Tallulah (RREX)
- Year 4 (Cavalier) - Kenzie (MM)
- Year 4 (Garrison) - Joey (MM)
- Year 3 (Dutch) - Ali (MM)
- Year 3 (Iceni) - Stanley (MM)
- Year 3 (Paxman) - Jared (RROX)
- Year 2 (Mercury) - Joseph (MM)
- Year 2 (Claudius) - Thomas (RREX)
- Year 2 (Romans) - Jasmine (MM)
- Year 1 (Eagles) - Lucianna (CC)
- Year 1 (Circus) - Alice (RREX)
- Year 1 (Roses) - Noah (MM)
- EYFS (Jumbo) - Evie (MM)
- EYFS (Star) - Holly (CC)
- EYFS (Chariot) - Harper (RREX)
- Attendance—Cavalier

### Idling Cars



Whilst I appreciate we all like our creature comforts, could I please ask and remind all parents not to sit in their cars with engines running (idling) when waiting to collect their children from school.

Not only is it not particularly good for the environment but it's almost definitely not good for parents waiting outside to be able to enter the site to collect their children.

As my dad used to say—still does actually—if you're too cold put a jumper on—if you're too hot—take it off!

### Year 7 Admissions—September 2021

Applications are now open for Year 6 parents to choose a Secondary School for next Sept.

Use the link to apply online <https://www.essex.gov.uk/apply-for-a-secondary-school-place> and watch the video <https://youtu.be/QQa8fi06WKY> to find out how. The deadline for applications is 31st October.

St Helena School have created a virtual tour and dedicated website for prospective children and this can be accessed here:

<https://sites.google.com/sthsch.com/year-6-transition-2020>

The links are also available on the school website in 'St Helena.'

And Finally,

As promised an ode to Mrs Rowe! Teaching staff have been beginning to learn and utilise specialist headsets in their teaching should we be in a position where we have to teach remotely in the future. Mrs Rowe was flying the flag for this process but was having trouble getting the headset to work. Calling in the cavalry, Mrs Simmons was sent for. After carefully analysing the problem Mrs Simmons came up with the solution—You actually have to turn the headset power on at the wall!

Have a Good Weekend—Simon Billings

### **Covid symptoms: Is it a cold, flu or coronavirus?**

By Michelle Roberts, Health editor, BBC News online: <https://www.bbc.co.uk/news/health-54145299>

Colds, flu and Covid-19 are caused by different viruses, but can have similar symptoms.

It can be hard to judge which one you may have.

Most people who feel ill with coronavirus will have at least one of the key symptoms:

a high temperature

a new, continuous cough

a loss or change to their sense of smell or taste

So what do you need to know about other things you may catch in the coming months?

#### **Does a fever mean I have coronavirus?**

A cold, flu or coronavirus - which one do I have?

A high temperature is 37.8C or above. A fever like this can happen when the body is fighting off any infection - not just coronavirus.

It is best to use a thermometer to take a measure. But if you don't have one, check if you, or the person you are worried about, feels hot to the touch on the chest or back.

Although fever is a key coronavirus symptom, it could be flu or a different infection.

A high temperature is unlikely with a cold.

If you have a fever, arrange a coronavirus test - you can use the NHS 111 coronavirus service online.

#### **What about a cough?**

If you have a cold or flu you may well have a cough, along with other symptoms.

Flu usually comes on suddenly and sufferers will often experience muscle aches, chills, headaches, tiredness, a sore throat and a runny or stuffed nose, along with the cough. It feels worse than a heavy cold.

Colds tend to develop more gradually and are less severe, although they do still make you feel unwell. Along with a cough, there may be sneezing and a sore throat and runny nose. Fever, chills, muscle aches and headaches are rare.

**A coronavirus cough means coughing a lot for more than an hour, or three or more coughing fits or "episodes" in 24 hours.**

If you usually have a cough because of a long-standing medical condition like COPD, it may be worse than usual.

You should get tested for coronavirus if you develop a new, continuous cough.

#### **What does loss or change to smell or taste mean?**

These are key symptoms of coronavirus and mean you should get a test.

It could still be that you have a simple cold. But you need to check, even if you don't feel unwell, to avoid the risk of spreading the virus.

Coronavirus smell loss 'different from cold or flu'

Coronavirus loss of smell: Meat tastes like petrol

#### **Does sneezing mean I've got coronavirus?**

Sneezing is not a symptom of coronavirus, and unless you also have a fever, cough or loss of smell and taste, you do not need a test.

Sneeze droplets can spread infections though, so catch them in a tissue, put it in the bin and then wash your hands.

Remember Hands. Face. Space to help stop the spread of coronavirus and other illnesses:

Wash your hands regularly

Use a face covering when social distancing is not possible

Try to keep your distance from those not in your household

#### **How about a runny or blocked nose?**

As we head into winter and with children back to school and more workplaces open, lots of people will be getting colds.

A runny nose is not a reason to get tested for coronavirus, says NHS Scotland.