



Dear Parents and Carers,

I hope that you all enjoyed a good half-term break. The weather was particularly awful, especially towards the end of the week, but I hope you enjoyed some family time and found lots of exciting things to do. It has been good to see you all back at school this week.

You will be aware of the latest Government announcements regarding COVID-19 on Monday. As of today there is no longer a legal requirement to self-isolate should a person test positive for COVID-19. Predictably, any guidance for school and parents from the DfE is slow in coming but once I have any further information I will write to you with more details.

What we are being told at the moment is that families should follow the guidance provided by the UKHSA (UK Health Security Agency). You can find this information by following the link here. <https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts/covid-19-people-with-covid-19-and-their-contacts>

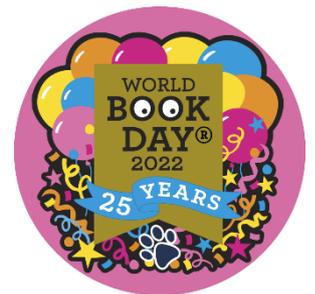
This states that if you or your child test positive for COVID-19, you are advised to stay at home to avoid contact with others, but it is no longer a *legal* requirement to self-isolate.

### Parents Evening

Thank you to those parents who attended parents evening via Zoom this week. If you were unable to make an appointment, please contact your child's teacher.

### World Book Day

Next week we will be celebrating World Book Day on **Thursday 3<sup>rd</sup> March**. We have some great activities planned for the day! Children can come to school dressed ready for a bedtime story in their pyjamas, don't forget to bring your favourite book!



### Year 2 and Year 6 SATs Meeting

We will be holding an important SATs (Standard Attainment Tests) information evening on **Tuesday 22<sup>nd</sup> March** for parents of children in **Year 2 and Year 6**. The meeting aims to share information about the tests and give you advice on how you can best support your children. This meeting is not suitable for children to attend.



**The meeting for parents of children in Year 2 will be at 6.00pm.**

**The meeting for parents of children in Year 6 will be at 6.40pm.**

**SATs week for our current Year 6 children will take place in the week beginning Monday 9<sup>th</sup> May 2022.** National testing for Year 2 children will take place during the month of May 2022.

## School Website

Have you visited our school website recently? It is being updated all the time with photos and information about our wonderful school. You can find us at <http://www.donisthorpeprimary.org>

## Online Safety

It is so important to protect and educate our children about the safe use of the internet and social media.

Over the last few weeks I have spoken to several parents of our older pupils about their concerns regarding the 24/7 nature of their son or daughter's online activities which has led to them, being obsessed with gaming and social networking, involving themselves in other young people's lives and then getting upset by this or communicating with others in hurtful ways.

I am increasingly finding that many young people are troubled during school hours by things that have been shared online the night before (and at weekends and holidays), and this influences their ability to work effectively at school and to maintain good relationships with other people. It does have a real effect on their mental and physical health.

To sleep properly, young people need uninterrupted sleep where possible- between 8-9 hours. Electronic devices in the bedroom and lighted screens affect sleep patterns because of their blue light. It is recommended that all devices are switched off at least one hour before you are trying to get to sleep. Try to discuss the concept of keeping electronic devices out of bedrooms... especially in the hour before lights out on the night before a school day!

<b>How to deal with the things that your children might say:</b>	
<b>Reason given...</b>	<b>Try saying...</b>
<b>I need my phone/iPad to wake me up in the morning!</b>	Nice try, I'll get you an alarm clock...!
<b>All my friends are allowed to have their phones in their rooms.</b>	No they are not! We're talking about YOUR health anyway.
<b>I promise that I won't use it after I've gone to bed.</b>	In that case there's no point it being in your room.
<b>I can't sleep so I need something to do...</b>	It's the technology causing the sleep problems!
<b>It's so unfair...</b>	No it's not unfair... we let you have a phone so we set the boundaries

## Vacancies

We are looking for staff to join our amazing kitchen team at Donisthorpe Primary School. We require: School Kitchen Manager to work on a Monday and Tuesday as part of a job share. Hours 7.30am to 1.45pm.

Kitchen Assistant to work 5 days per week Monday to Friday 11.30am to 1.00pm

Both posts are term time only, to start after Easter. Please contact [office@donisthorpe.leics.sch.uk](mailto:office@donisthorpe.leics.sch.uk) or call 01530 270371 for more information.

## Congratulations

I am delighted to share with you the happy news that Mrs Lee Mabey is expecting her second child at the end of the Summer Term. I am sure you will join me in wishing Mrs Lee Mabey and her family huge congratulations.

Regards,



Sylvie Newman  
Executive Headteacher

