



Every Child, Every Chance, Every Day

# St Mark's News

30<sup>th</sup> September 2022

Issue 2

[www.st-marks.islington.sch.uk](http://www.st-marks.islington.sch.uk)

Dear Parents and Carers,

Thank you all so much for your contributions to our McMillan Coffee morning today. Whether you baked a cake, bought coffee or a slice of something at the end of the day it is all appreciated. I will let you know the total amount raised in our next newsletter. On Monday 17<sup>th</sup> October at 10am we will be holding our Harvest Service at St Mark's Church. As in previous years, you are all invited. We welcome gifts of food for the service (tins, dried goods etc.), which we will donate to a local food bank. If you would like to make a donation, please leave it at the office.

Please remember to update the office if you change your phone number or person details. We also need at least two up to date emergency contact numbers.

Wishing you all a lovely weekend,

Ms Braithwaite

## Current Coronavirus Guidelines

Pupils and schools should continue to follow relevant public health advice relating to COVID-19.

The guidance states: **Children and young people (aged 18 years and under) who have symptoms of a respiratory infection, including COVID-19**

Respiratory infections are common in children and young people, particularly during the winter months. Symptoms can be caused by several respiratory infections including the common cold, COVID-19 and RSV. For most children and young people, these illnesses will not be serious, and they will recover with rest and plenty of fluids. Very few children and young people with respiratory infections become seriously unwell. This is also true for children and young people with long-term conditions. Attending education is hugely important for children and young people's health and their future.

### When children and young people with symptoms should stay at home and when they can return to education

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting. Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend. All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing, and to wash their hands after using or disposing of tissues.

## TESTING

**It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.**

If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

## Asthma Medication – REMINDER

If your child has been diagnosed with Asthma, please provide the school with 2 inhalers. We should also have a copy of their asthma plan on our medication file. Can we also remind you, that any medication (including inhalers) held at school should be checked at the end of every term to ensure that it has not reached the expiry date.

## Dates For Your Diary

Y5 Class Assembly	Tuesday 4 <sup>th</sup> October
Y1 Class Assembly	Tuesday 11 <sup>th</sup> October
Y2 Class Assembly	Tuesday 18 <sup>th</sup> October
Half term	Mon 24 <sup>h</sup> -Fri 28 <sup>th</sup> October

*Thy word is a lamp to my feet and a light to my path.*

*Psalm 119 Vs 105*

*St Mark's School Vision*