

# ALBERT PRIMARY SCHOOL

## YSGOL GYNRADD ALBERT

23RD SEPTEMBER 2020

### Childhood Intranasal Flu Immunisation Autumn Term

The school nursing team is planning to visit our school to administer the childhood intranasal flu vaccine on **Wednesday 9th December 2020**.

### Interim School Test Process

**If your child develops one of the following symptoms:**

- High temperature - this means they feel hot to touch on their chest or back (you do not need to measure their temperature)
- A new continuous cough (Coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours)
- A loss of or change in taste or smell

**whilst they are at home** - please don't send your child to school and let the school office know that they are displaying Covid symptoms.

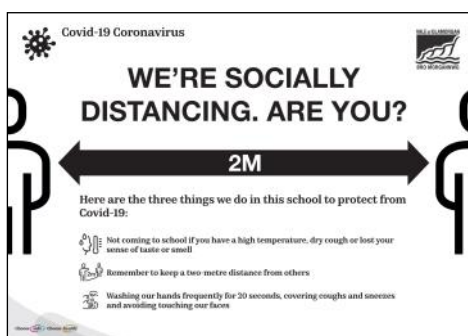
**whilst at school** – we will contact you and ask you to collect your child.

**We would advise that your child has a COVID test** and the school can currently arrange this for our pupils. The school will ask you for the details needed in order to book this. You will then be contacted by the Test Centre at Whitchurch or Splott, who will use a withheld telephone number that will display as No Caller ID, on your phone. This is usually within 24 hours of the referral. They will tell you the day and time of your test. In certain circumstances they may arrange for this test to take place in your home.

While you are waiting for your child to have a test all household members should self-isolate as per Welsh Government guidance. Test results are usually given within 48 hours. If your child receives a **negative** test and no one else in the household has any Covid symptoms they can return to school as long as they feel well enough and the rest of the household can come out of self-isolation. If the test is **positive** you will be contacted by a member of the 'Test, Trace, Protect Team' who will identify who your child has been in contact with and will advise you and us in school as to the actions to take.

**If you choose not to have your child tested**, they will need to stay home for 10 days in line with Welsh Government guidelines and household members will need to self-isolate for 14 days.

***The school works hard to maintain distinct contact groups that do not mix during the school day; this will make it quicker and easier, in the event of a positive case, to identify those who may need to self-isolate and to keep that number as low as possible. Please be aware of this and social distancing rules when allowing your children to meet in the park opposite the school at the beginning and end of the day.***



Thank you for your patience and support at drop off and pick up times. Many families, understandably, feel very anxious at these particular busy times, so social distancing is paramount. Please help us to keep our school community safe.



**Please be reminded that, under the current access and supervision arrangements, children cannot enter the building until 8.40am. Please bear this in mind when choosing the time to arrive on site, especially as the weather is becoming more Autumnal.**

## All Wales School Liaison Core Programme 2020/2021

At various times during this academic year, PC Alex Peebles will be attending school to educate our children about some of the challenges that affect our society today through the 'All Wales School Liaison Core Programme / SchoolBeat'. The intention of the Programme is to safeguard all children and young people living in Wales by providing them with current up to date information about the dangers associated with such issues as substance use and misuse, domestic abuse, bullying, anti-social behaviour, internet safety, mobile phone usage and community cohesion.

The SCPOs are trained to deliver lessons on the themes of substance misuse, personal safety, safeguarding and behaviour and community to a best practice educational standard that is welcomed by schools. In addition to their professional training as Police Officers they support schools in many ways through supportive policing; dealing with incidents using the School Crime Beat policy and offering restorative resolutions including restorative conferencing when required.

Children and young people are often innocent of these issues or the potential for breaking the law. So it is important that children are provided with accurate up to date information by specialists to ensure they are able to make correctly informed decisions.

If you have any questions regarding this Programme please speak to your child's class teacher or find out more via <https://schoolbeat.cymru>.





# Week 1

**Week starting:**  
31.08.20/ 21.09.20/  
12.10.20/ 02.11.20/  
23.11.20/ 14.12.20/  
04.01.21/ 25.01.21

**MONDAY**  
Homemade Cheese & Tomato Pizza  
Chipped Potatoes, Beans & Seasonal salad  
Fresh Fruit or Homemade Muffin & Fruit Slices with Custard

**THURSDAY**  
Succulent Roast Beef Or Quorn Fillet  
Gravy, Yorkshire pudding, Roast & Mash Potatoes, Seasonal Vegetables  
Fresh Fruit or Ice Cream

**TUESDAY**  
All Day Breakfast Or Vegetarian All Day Breakfast  
Baked Beans, Tomatoes & Hash Brown  
Fresh Fruit or Yoghurt

**FRIDAY**  
Oven Baked Salmon Bites  
Or Veggie Nuggets Chipped Potatoes, Smashed Peas or Baked Beans  
Fresh Fruit & Yoghurt

**WEDNESDAY**  
Juicy Meatballs in Gravy Or Vegetarian Meatballs in Gravy  
Spaghetti & Seasonal Vegetables  
Fresh Fruit or Sticky Toffee Pudding with Custard



# Week 2

**Week starting:**  
07.09.20/ 28.09.20/  
19.10.20/ 09.11.20/  
30.11.20/ 21.12.20/  
11.01.21/ 01.02.21

**MONDAY**  
Southern Style Quorn Burger  
Herby Diced Potatoes, Peas or Baked Beans  
Fresh Fruit or Yoghurt

**THURSDAY**  
Roast pork Or Quorn Fillet  
Gravy, Roast & Boiled Potatoes, Seasonal Vegetables  
Fresh Fruit or Ice Cream

**TUESDAY**  
Homemade Spaghetti Bolognese Or Vegetarian Spaghetti Bolognese  
Fresh Seasonal Vegetables  
Fresh Fruit or Yoghurt

**FRIDAY**  
GF Lemon Sole Bites Or Veggie Meatballs  
Homemade Jacket Wedges or Jacket Potato  
Fresh Fruit or American Pancake, Fruit Slices & Golden Syrup

**WEDNESDAY**  
Reduced Fat Sausage & Mash Or Vegetarian Sausage & Mash  
Rich Gravy, Peas or Baked Beans  
Fresh Fruit or Chocolate & Beetroot Cake with Custard



# Week 3

**Week starting:**  
14.09.20/ 05.10.20/  
26.10.20/ 16.11.20/  
07.12.20/ 28.12.20/  
18.01.21/ 08.02.21

**MONDAY**  
Vegetable Pasta Bake  
Garlic Slice & Seasonal Vegetables  
Fresh Fruit & Yoghurt

**THURSDAY**  
Roast Turkey Or Quorn Fillet  
Gravy, Roast & Mash Potato, Seasonal Vegetables  
Fresh Fruit or Ice Cream

**TUESDAY**  
Chicken Burger Or Quorn Fillet Burger  
Potato Wedges, Sweetcorn & Fresh Seasonal Salad  
Fresh Fruit or Yoghurt

**FRIDAY**  
Oven Baked Salmon Bites Or Veggie Nuggets  
Seasonal Salad, Mayo & Chipped Potatoes  
Fresh Fruit or Chocolate Brownie with Custard

**WEDNESDAY**  
Chicken Korma Curry Or Quorn Korma Curry  
Rice, Flatbread & Seasonal Vegetables  
Fresh Fruit or Homemade Marble Cake & Custard



the **BIG FRESH** catering company

Our menus continue to follow the Welsh Government's Food and Nutritional Standards set out in the Healthy Eating (Wales) Regulations 2013.  
Go to [www.food.gov.uk/ratings](http://www.food.gov.uk/ratings) to find out the food hygiene rating of our schools or ask them to tell you their

Welcome to our menu

Allergen information to accompany this menu is provided to staff for distribution upon request  
Please contact us if your child has specialist dietary needs; we aim to provide a healthy balanced school meal for every pupil. A carbohydrate count of the menu for our diabetic diners is also available upon request

As an alternative to the main meal choose the

Salad Bar, A choice of crisp baked jacket potatoes with a variety of toppings, or choose from our selection of filled Sub Rolls. All served with vegetables or salad.

See the school for more details.

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