



# Heather Herald

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Dear Parents/Carers,

The children are gradually getting back into the swing of school and are clearly enjoying being back with their friends. The one word all staff have used to describe their classes over the last week is 'noisy' as the children catch up with each other's news! The other word I would use is 'tired' for both children and staff. Teachers have been working hard with the children helping them to refocus on learning in school, paying particular attention to encouraging them to listen carefully, being independent, relearning how to work together as well as increasing the children's physical fitness by having short PE sessions daily.

There are several schools in North West Leicestershire who have had to close bubbles since schools fully reopened on March 8<sup>th</sup>. As I am sure you are aware, numbers in North West Leicestershire, although they are declining, they are still quite high. We have been so lucky at Heather not to have had to close any bubbles since the start of this pandemic so please remember to try and maintain social distance when dropping off and collecting your child from school and follow the self-isolation rules if someone in the house is displaying COVID 19 symptoms. It is also worth reminding ourselves that at this point in time, playdate/sleep overs are not permitted under the current lock down rules.

Please find attached to this letter some information we have been asked to share with you regarding lateral flow tests.

Take care,

Maxine Michalowski

## Bed times

We have noticed that some children seem to be coming into school very tired. NHS recommends children aged 6-12 get 9-12 hours sleep per night and children aged 3-5 get 10-13 hours. Please use the grid to the right to determine what time your child's bed time should be. It is also recommended that screens are switched off for at least 1 hour prior to bed time. The School Nurse is able to provide support if you are struggling to get your child to sleep well - please ask for details in how to contact her.

## AT WHAT TIME SHOULD YOUR CHILD GO TO BED



Age	Wake-up time						
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
7	7:15 PM	7:15 PM	7:30 M	8:00 PM	8:15 PM	8:30 PM	8:45 PM
8	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM



## Welcome to the World

I am delighted to tell you that Mrs Clarkson safely delivered a beautiful baby boy, Oliver David Clarkson, on the 9<sup>th</sup> March 2021 weighing 7lb and 12 oz. Both mummy and baby are doing well and we are all hoping to meet Oliver virtually sometime in the future. Oliver looks particularly handsome in a cardigan knitted by one of our parents.

We really hope Mrs Clarkson enjoyed her first Mother's Day.

### Do 100 things for Zara - #100ZBHPFamily - Sponsorship Update

Thank you to all of you for your challenge 100 sponsor money. To date on the Virgin Fund raising page we have raised over £1800 which does not include the cash donations that we have received in school.

Mrs Tatham as part of her challenge is baking 100 cakes to sell. They will be available to buy after school on Thursday 25<sup>th</sup> March - £1 a cake. All cakes will be individually wrapped to avoid any COVID 19 risk. Mrs Tatham is a superb baker - staff get very excited when they see her cakes in the staffroom - I am sure they will fly hot off the shelves.

We should be able to share the full total with you before Easter so please send in any cash donations as soon as you can so we can quarantine it before counting, and adding it to the total. There have been some phenomenal achievements along the way to raise this money for these two incredibly worthy causes. It just goes to show what a great community we have at Heather Primary school, such a fantastic achievement in memory of Zara.

### Independence

We all know that our children are far more resilient than we give them credit for. They can also be very capable at being independent if we allow and encourage them to be so. Staff have noticed a dip in independence across all year groups as the children have returned to school. We would really appreciate your help with this - we will all know as parents how challenging it can be in the morning to get out of the house with 1 or 2 children making sure we have the right things for school, now imagine trying to do this with 27+ children and a limited amount of time. Spending time at home teaching your child to put their shoes on the right feet, do their own coat up, finding their own belongings that they have deposited around the house, using a knife and fork to eat a main meal - not fingers or a spoon, tying their own shoe laces is incredibly beneficial - none of these tasks are impossible for a child to do - it may take them time but they benefit in the long run in so many different ways - not just the sense of independence but it also helps develop their fine and gross motor skills too. We have noticed that a lot of children in Key Stage 1 and EYFS have seemingly 'lost' some of these skills during the partial closure of schools. Children in Key Stage 2, whereas most children can do the above, although lace tying is an issue; they also seem to be lacking independence in other areas, such as managing their own belongings and taking responsibility for listening carefully so they know what they need to do. Support from home for these things is essential. Please help us by encouraging your child to be responsible for their belongings - it is their school bag - children in Year 1 and above know what is needed in their bag and therefore should be encouraged to check it themselves before they come to school; they should also be carrying their own bag (to school and home again) - as I have said before - if it is too heavy for them, then they have too much in it! Please make sure you pass on this information to all adults who bring/collect your child to school.

### PTFA Chocolate Bingo and Dress Down Day

This Friday, 19<sup>th</sup> March, we are holding a dress down day in exchange for donations of chocolate eggs and bars of chocolate for our virtual Easter Egg Bingo on the 25<sup>th</sup> March at 6pm. Easter Bingo didn't happen last year but those of you who have attended the event in previous years know what a vital fund raiser it is for PTFA funds which are a little low at the moment due to the usual fund-raising events not being able to happen. I seem to recall it was a very fruitful Easter Bingo in the Michalowski household 2 years ago 😊 Eyes down, is at 6pm - you will need to have a TEAMS link to be able to play which costs £1, that, along with bingo books are available via WEDUC or books can be bought on the playground from Thursday.

### Key Dates

Dress Down Day in exchange for some chocolate - Friday 19<sup>th</sup> March  
Mrs Tatham's cake sale - afterschool £1 a cake - Thursday 25<sup>th</sup> March  
Virtual Easter Bingo - Eyes Down 6pm - Thursday 25<sup>th</sup> March  
School closes Friday 26<sup>th</sup> March 2021

### Easter Break

Monday 29<sup>th</sup> March to Friday 9<sup>th</sup> April 2021

### Summer Term 2021

School opens Monday 12<sup>th</sup> April 2021  
May Day Bank Holiday Monday 3<sup>rd</sup> May 2021  
~~KS 1 Sats take place throughout May\* Canceled~~  
~~KS 2 Sats Monday 10<sup>th</sup> - Thursday 14<sup>th</sup> May\* Canceled~~  
Year 3/4 Residential at Beaumanor Wednesday 19 - Friday 21<sup>st</sup> May (provisional)  
School closes for half term Friday 28<sup>th</sup> May 2021  
Half term Break  
Monday 31<sup>st</sup> May - Friday 4<sup>th</sup> June 2021  
~~Monday 6<sup>th</sup> June Year 1 Phonic Screen take place this week Canceled\*~~  
~~Monday 6<sup>th</sup> June - 25<sup>th</sup> June - Year 4 Multiplication Check\* Canceled\*~~  
School Open for Pupils Monday 6<sup>th</sup> June 2021  
Year 5/6 Residential at Beaumanor Wednesday 7<sup>th</sup> and Thursday 8<sup>th</sup> July (provisional)  
School closes for Pupil for the summer break Friday 9<sup>th</sup> July

Heather Primary INSET 4 - disaggregated staff not in school Monday 12<sup>th</sup> July 2021  
Heather Primary INSET 5- disaggregated staff not in school Tuesday 13<sup>th</sup> July 2021

### Lateral Flow Tests – Message from the Local Authority

The use of Lateral flow tests – please share this message with families:

**Lateral flow tests are not suitable for use on young children.** Primary aged children are not included in the mass asymptomatic testing programme; only secondary and college age pupils, along with their families should be taking lateral flow tests twice a week.

Families who have access to LFT tests must be very clear that these are only to be used for **regular testing where no one is suspected of having Covid-19**. The purpose of these tests is to spot cases in the community that we wouldn't otherwise have known about.

Families should not use these tests on themselves or their children if they have symptoms. **A PCR test at a national testing centre must be booked where infection is suspected.** A lateral flow test could fail to spot someone who is just developing an infection but a PCR test will not. Having symptoms, getting a negative LFT result and assuming you are virus free could result in you spreading the virus to others.

To book a PCR test, visit: <https://www.gov.uk/get-coronavirus-test>