



Khalsa VA Primary School

NEWSLETTER

22nd February 2021

WAHEGURU JI KA KHALSA, WAHEGURU JI KE FATEH

COVID-19

We are currently in a National Lockdown. Make sure that you are following all of the rules.

<https://www.gov.uk/guidance/national-lockdown-stay-at-home>

COVID 19 rates are very high in Southall.

It is absolutely vital that everyone follows the rules. Do not put yourself or others at risk.

School re-opening from 8th March 2021

As you may have seen from the Prime Minister's announcement on Monday, schools will be fully re-opening from Monday 8th March. Remote learning, via Google Classroom, will continue until then. We will communicate further details with parents via email, text and with posts on our website so please ensure that you do provide us with updated contact details. We are looking forward to seeing all of the pupils back in school.

COVID-19 – A reminder

Please remember that if anyone in your household has any of the symptoms of COVID-19, the whole family must self-isolate and the affected person must book a test.

The main symptoms of coronavirus (COVID-19) are:

- A high temperature
- A new, continuous cough
- A loss or change to your sense of smell or taste

<https://www.gov.uk/get-coronavirus-test>

Half term homework

Thank you to everyone who has sent in photographs for our Reading challenge. If you have not yet done this please send them in via Google Classroom. There will be one winner from each class for the most imaginative photographs.

Remote learning tip of the week

We know that remote learning can present challenges and difficulties to all members of the family. Here, we will share our ideas and suggestions for making the experience as positive for everyone as possible.

Tip number 2:

Keep emotional health and well-being a top priority. Make time each day to talk to your child about how they are feeling. Model positivity and kindness.

Healthy living during lockdown

Keeping active and healthy can be difficult during lockdown. Please encourage your child to participate in at least one physical activity per day.

Make sure that the whole family is eating a healthy, balanced diet. Meals should contain plenty of fruit and vegetables. Children should not be eating foods that are high in salt, fat or sugar.

This is one of our favourite family recipes, but there are lots more to try on the NHS website!

<https://www.nhs.uk/change4life/recipes/tasty-veggie-chilli>

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Look for something positive in each day, even if some days you have to look a little harder.

When I started counting my blessings, my whole life turned around.