

23rd April, 2021



Dear Parent/Carer

Coronavirus Update 56

A member of staff came to me this week to ask about arrangements for a competitive sports fixture (a cricket match, in fact) against another school. It's amazing to think we've had over a year without any inter-school sport at all, and I (for one) am delighted that our national journey out of lockdown has now got to the stage where we can plan for the return of such activities in the very near future. With that, and with the wall-to-wall sunshine we've been enjoying this week, a happy sense of optimism seems to abound. About time too!

However, I would ask you to remember those who are currently completing GCSE, BTEC and 'A'-level assessments in your thoughts and prayers. Almost all our Sixth Formers and Year 11 boys are facing an intense schedule of assessments at the moment, and I am sure they would be grateful for your support at this time.

Parent Governor election

I'm grateful to three parents who have put themselves forward for the vacancy we currently have on our Governing Body. Voting packs will be distributed by 'pupil post' (*ie* they will be given to your son/daughter to bring home) as follows:

- for students in Years 7 to 11, packs will be distributed on their 'short day' next week; and
- for Sixth Formers, packs will be distributed on one of the first two days they are in school next week.

If necessary, please extract the pack from your son/daughter's bag (!), and cast a vote for the candidate of your choice. We must receive the votes by **4pm on Friday 21st May**. Once the votes are counted, we'll announce the result through an edition of this *Update*; we anticipate this will be before half-term.

Letter from the City Council

Steve Reddy (Director of Children's Services) and Matt Ashton (Director of Public Health) have penned a further letter about the ongoing pandemic regulations; it is reproduced at the end of this letter.

Travel to/from school

From time to time I receive feedback from members of the public about the conduct of our students *en route* to and from school. It's important students remember that they are very much 'on view' at this time, representing the school and (far more often than not) helping to reinforce the excellent reputation St Margaret's has enjoyed for many years. A number of the comments I receive from passers-by confirm that this is the case!

Occasionally, however, less favourable reports reach my ears, and regrettably this week we have had to respond to a report of an incidence of trespass. Please could I ask you to remind your son or daughter that – for their own safety – they should come straight home after school, and resist any temptation to 'let the side down'? Thank you.

Dr Silverstone's section

Dr Silverstone, our Director of Pastoral Care, writes:

“This week I would like to return to the issue of mental health and wellbeing. Many of you will be aware that we have fully trained counsellors and YPAS wellbeing practitioners who come to work in school. Between them, they support students from all year groups with a wide range of issues. This support ranges from short term work - one or two sessions - to much longer-term interventions.

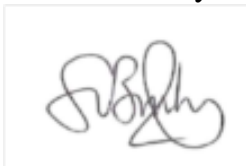
“We are aware how much of an impact the pandemic has had on our students. <https://parentinfo.org/articles/health-and-wellbeing/all> provides links to a variety of articles on issues to do with wellbeing – from understanding our children's anxiety, to helping them cope in a post-lockdown world. There are also non-pandemic related articles too on topics such as eating disorders, positive use of the internet and such like. Whether or not your child is currently struggling with his or her wellbeing, it may well be worth a read of some of the articles.

“As always, if you do have any concerns, please don't hesitate to get in touch through the usual e-mail address: safeguarding@stmargaretsacademy.com”.

Finally...

As ever I wish you and your family a restful and happy weekend. Do make the most of the sunshine!

Yours faithfully



Stephen Brierley
Principal.

16th April 2021



Liverpool
City Council

Dear Parent / Carer,

Re: COVID-19 and overseas travel

Thank you for your continued support in the fight against Coronavirus. We wanted to take this opportunity to remind you there are restrictions in place for international travel.

You can only travel internationally from England where you have a [reasonable excuse to leave the UK](#), such as work. International holidays are not permitted.

Red list travel ban countries

If you have been in or through any of the countries listed [here](#) in the previous 10 days, you will be refused entry to the UK. If you are a British or Irish National, or you have residence rights in the UK, you will be able to enter. You must [quarantine in a government approved hotel](#) for 10 days.

Currently, everyone allowed to enter England from outside the [Common Travel Area \(Ireland, the Channel Islands or the Isle of Man\)](#) must:

- quarantine for 10 days
- take a coronavirus test on day 2 and day 8 of quarantining unless your job permits exemption. You will have to pay for a private test: shorturl.at/gmxZ4
- follow the [national social distancing rules](#)

If you are self isolating and require further help with shopping, getting prescriptions or mental health please visit here: shorturl.at/fjyK0. Alternatively, please call free-'phone 0800 169 3032. Our lines are open 8am to 6pm Monday to Friday.

This guidance is available in a range of alternate languages: shorturl.at/zHJK6

Face coverings

When picking up or dropping off children from school or nursery you should wear a face covering, unless you are exempt and always avoid close contact with others.

Stay safe and many thanks for your continued support.

Matt Ashton
Director of Public Health, Liverpool

Steve Reddy
Director of Children's Services, Liverpool

General Covid-19 advice

If you have any of the main symptoms of coronavirus (COVID-19), get a PCR test as soon as possible. Stay at home until you get the result.

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

People who are sick with coronavirus may have other flu like symptoms such as:

- body aches
- persistent headaches
- sore throat
- tiredness
- shortness of breath
- nausea or
- diarrhoea

If you don't have any of the main symptoms of coronavirus, you don't need to isolate until you get your result, however you do need to continue to take the usual measures to protect yourself and others from illness.

General Testing (not part of returning to England)

- People with symptoms can get a test [here](#).
- People without symptoms can access our community testing sites [here](#).

Testing after travel from overseas

...is available [here](#).

Mental wellbeing

Don't forget about your own self-care. Discover our supportive online mental wellbeing space for adults at qwell.io