



Mrs. K Bingham
Head of Centre
82 Lyndhurst Road
Reading RG30 6UB
Nursery: 0118 937 5577
Fax: 0118 937 5679

Website: www.norcotearlyyearscentre.co.uk
Email: admin@norcot.reading.sch.uk

18th September 2020

Dear Parents/ Carers and Families,



Thank you to all the parents/carers for continuing to follow the social distancing and waiting on the white spots at the allocated gate. We also appreciate you not congregating at the gates and only one adult doing the drop offs and pick ups. If your child is unwell and can't come into the Centre, please continue to let us know and give us the reason why they are not in by phone or an email. This information is very important as we need to complete daily DfE registers and identify those who are in self-isolation due to the COVID-19 symptoms.

We are so impressed by the way the children have learnt the new routines - they wash their hands thoroughly at regular intervals throughout the day and confidently show good understanding of respiratory hygiene 'catch it, bin it, kill it'.

I am grateful to all the staff for their outstanding provision for the children in these exceptional circumstances and ensuring that they are kept safe and well cared for. They are supporting the children's mental health and pastoral/wider wellbeing, adhering to the stringent COVID-19 safety measures of more regular cleaning as well as continuing to deliver the EYFS curriculum.

We are having lots of queries about the minor illnesses that always tend to appear at this time of year and when the children come to the Centre after a long period of time off or are new to the Centre. I appreciate that you know your children best and can judge how they are feeling but would like to remind you that if they are unwell and supported on Calpol then they should remain at home. I hope the information below will help you to understand better the differences between COVID-19

symptoms and the symptoms associated with other common illnesses. **If your child displays any symptoms of COVID-19, they must stay at home and you need to arrange for the test.** If you are in any doubt, please contact your GP for advice.

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common (usually dry)	Mild	Common (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometime
 Sore throat	Sometimes	Common	Sometime
 Diarrhea	Rare	No	Sometimes for Children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Staying at home for a prolonged period and the change of routine may have caused difficulties for some children, such as changes in behaviour or mood. As more children return to the Centre, it is important that both parents and the staff support the children’s mental health, pastoral or wider wellbeing, and support the children to transition into the centre after a long period of absence.

The government has published a really useful guidance for parents and carers on supporting children and young people’s mental health and wellbeing during the coronavirus pandemic, please visit <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

We all cope with this challenging situation differently, if you need any support please talk to us and we will be able to sign post you to appropriate local services such as mental health, domestic abuse or substance abuse services.

If your child needs to self-isolate, there are some really useful resources you could use while at home. The Hungry Little Minds, <https://hungrylittleminds.campaign.gov.uk/> campaign features tips and practical activities that parents can do at home with children to support their early learning. There are many simple ways to help children learn and it does not have to be formal. Having everyday conversations, make-believe play and reading together all make a big difference to children's development. For more ideas and content, websites such as BBC's Tiny Happy People, <https://www.bbc.co.uk/tiny-happy-people> and the National Literacy Trust's Family Zone, <https://literacytrust.org.uk/family-zone/> are also very useful. The Department for Education (DfE) has published further guidance on how to [Help children aged 2 to 4 to learn at home during coronavirus \(COVID-19\)](#).

Staff will continue to post some videos on our Facebook page. You can also find our planning on our website <https://www.norcotearlyyearscentre.co.uk/eyfs-curriculum/planning-autumn-2020/>

Thank you for your continued support and co-operation, we really appreciate it.

Yours sincerely,



Mrs. Katarina Bingham
Head of Centre