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Phased Return to School and Nursery

I hope that you and your family are well and that you had lots of fun in the snow during the February half term break! I enjoyed walking my dogs, who both enthusiastically ran, jumped and chased each other through the deepest snow they could find. However, the removal of giant snowballs from 2 cocker spaniels that followed – not so much fun.

First Minister's Announcement

On Tuesday 16th February 2021, due to the progress being made to suppress the virus, the Scottish Government has confirmed the decision to reopen school and nursery on a phased return from Monday 22nd February 2021. This means that our children within Nursery and P1-P3 classes will return. Until further guidance from the Scottish Government, we will continue to engage our P4-P6 children through remote learning methods and strategies.

We are keen to have all our learners back in school and nursery as soon as possible - we miss them dreadfully and very much look forward to the day that we can welcome everyone back to school. We hope that during the next National update on 2nd March 2021, a timescale for all our children to return will be shared.

As we all work together to try to come to terms with the impact of the pandemic and the challenges to our daily lives, as parents and carers you might be feeling a little anxious about your child's return to nursery and school. Please be reassured that the safety of our families, learners and staff is paramount in all of our decision-making. We continually strive to follow and implement all advice, guidance and expectations that we receive from the Scottish Government, NHS Scotland and East Lothian Council. If you have any worries, queries or concerns that you would like to discuss further regarding the systems we have in place to ensure our nursery continues to be safe to our learners and staff, please do not hesitate to contact me.

Safety Measures to Support the Return of Learners to Nursery

I want to reassure you that our priority is to ensure the safe return of learners to nursery. We continue to follow all National and Local Authority advice and guidance, and place health and safety at the heart of our plans, ensuring risk assessments and infection prevention and control measures are in place.

Risk Assessments

Our Risk Assessments are regularly reviewed and shared with all staff. Enhanced health and safety measures and protocols that follow the current public health and government guidance are rigorously implemented. These include observing the age-appropriate physical distancing measures outlined by current government guidance as well as public health advice to help reduce the spread of the virus, guidance on handwashing and hygiene, use of PPE, updated fire safety arrangements and use of transport

Enhanced Cleaning Arrangements

We will continue to implement an enhanced cleaning regime. Areas considered 'high touch' including toilets, door handles, bannisters and other surfaces in constant use, will be cleaned on a rotational basis to ensure the high standards of cleanliness. Hand sanitisers will be at all entrances and in all appropriate areas across our nursery to enable learners and staff to hand sanitise regularly. Our Nursery staff undertake additional cleaning throughout the Nursery session ensuring high standards of cleanliness throughout the day.

Face Masks, Face Coverings and PPE

East Lothian Council has reviewed the expectations related to the wearing of face masks as part of our enhanced measures to provide reassurance to families, children and staff. Nursery staff will continue to wear face masks. Any necessary visitors to our nursery will also be expected to wear a face covering at all times whilst on the nursery site; the main building and the playground. Parents and carers are also requested to wear face masks at drop off and pick up times, and whilst in the playground.

COVID-19 Asymptomatic Testing Programme for Nursery and Nursery staff

The implementation of our new Schools Asymptomatic Testing Programme for Scotland's schools has been implemented this week. Regular testing of staff will help to further reduce risks for staff, children and young people in our nursery and will support the work to keep our nursery and community safe.

Reducing the risk of possible transmission of Covid-19

In partnership with NHS Scotland, East Lothian Council implements a robust protocol to report any suspected COVID cases. Clear guidance and procedures are shared with schools. To support us in reducing the risk of virus transmission, parents and carers must **NOT** send their child to nursery if they display any of the common symptoms:

- New continuous cough
- Fever/ high temperature
- Loss of, or change in, sense of smell or taste (anosmia)

If your child arrives at nursery displaying any of these symptoms, or becomes unwell during the nursery day, we will contact you and ask that you to make arrangements to have your child collected **immediately**.

If your child/young person is showing symptoms while at home.

If your child is showing any symptoms of Covid-19, **please do not send them to school**. You should inform the school office of their absence, in the usual way.

Next Steps

Whether your child has developed symptoms at nursery or at home it is essential that you arrange a test for your child. This can be done online at www.nhsinform.scot or call 0800 028 2816. Your son/daughter should then isolate, at home, until they receive a result. They can only return to nursery if they have a negative result from this test.

Self-isolating due to suspected or confirmed Covid-19 in the household

If a member of your household is showing symptoms then your child must remain at home until either the member of your household has received a negative test result or for 10 days if positive result. You should report your child's absence to nursery in the normal way and follow all self-isolation guidance from NHS Inform. If a member of your household receives a positive test then your child must self-isolate for 10 days. The isolation period includes the date of your last contact with them and the next ten full days. They do not need to be tested unless they have symptoms. Further information is available at www.nhsinform.scot

Self-isolating following a contact from Test and Protect

If you have to isolate because you have been contacted by Test and Protect please clarify with them the impacts on your child's nursery attendance. Current guidance states that only direct contacts need to self-isolate. If your child was in direct contact with someone who has tested positive, then they should also self-isolate. If not, they can return to nursery, providing that they and or the other members of the household are not displaying symptoms.

Learning at home during self-isolation

We recognise that periods of self-isolating can be disruptive to a child's learning. If your child is ill there is no expectation that they would continue to participate in any learning and instead should focus on returning to full health. If they are self-isolating as a precautionary measure we can arrange for a playgrid to be provided to complete at home. We will discuss this with you at the time if required.

School/Nursery closure due to Covid-19

Two or more confirmed cases of Covid-19 in 10 days, or an increase in absence as a result of possible Covid-19, may be considered as an outbreak. If this is the case we will work with the council, and local Health Protection Team on the next steps. A decision to close the nursery would only be taken if it was considered absolutely necessary.

Further information

Further information is included on the council's website and this will continue to be updated: www.eastlothian.gov.uk/backtoschool Further guidance on this can be found on the NHS Inform website: <https://www.nhsinform.scot/>

Attendance for the Phased Return to our Nursery setting and school.

- All Nursery children will **return** on Monday 22nd February 2021.
- New starts to our nursery will be on the 1 March 2021. Ms Aylott will contact these families to discuss arrangements.
- All P1 – P3 learners will attend nursery full time from Monday 22nd February 2021.
- All P4 – P6 learners will continue with remote learning until further notice.

Bringing your child to nursery and nursery

The arrangements for Parents and Carers to drop off and collect children continues to be an important factor in reducing the risk of transmitting the virus. We must continue to be vigilant in maintaining 2m physical distancing between adults and children from different households. In order to effectively achieve this, we will continue to have staggered starts and ends of the day. This will allow us to carefully manage the movement of learners around the nursery site.

- Arrive at nursery as close to your child's start time/ pick up time, spending as little time in the playground as possible and avoid meeting with other households.
- Please follow the one-way system.
- Wherever possible only one parent or carer brings their child to nursery to minimise contact in nursery playground.
- Continue to maintain 2m social distancing from all adults and children out with your household.
- Adults and carers should wear face-coverings whilst in the nursery playground. .
- If your child arrives late at school, please bring them to the nursery office, where a member of staff will welcome them into school.

Unfortunately during the current pandemic, and following Scottish Government guidance, we cannot permit families, parents and carers into our nursery premises unless in exceptional circumstances.

What should my child bring to Nursery?

- We will continue to operate a 'soft start' in the morning for our nursery children. The children will enter and leave nursery through their usual door nursery door. Please ring the buzzer and a member of staff will greet you and your child. They will support your child to come into nursery as they did prior to this current lockdown. At this time, no nursery parents are permitted to enter the building.
- Nursery will finish at the normal time and routines in place for the collection of your child will remain the same as before the lockdown. If you wish to collect your child out with these hours, please speak to a member of staff who will help you.
- Nursery routines will remain the same for the children.
- Children should always bring a coat with them for outdoor play and wear suitable shoes. Children will have regular access to outdoor play.
- Children can bring indoor shoes/slippers if they would like to.....please name these!

What not to bring.....

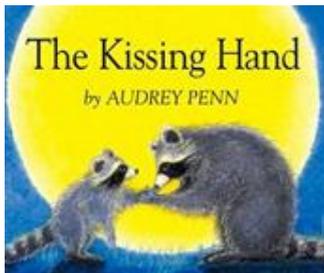
- Scooters or bikes
- Toys/items from home
- Nursery bags

What if I need to speak to my child's key worker?

We understand that there may be times that you need to pass on information, or ask a question of your child's key worker. However, to ensure that we maintain social distancing, and minimise contact of adults from different households, we ask that unless it is a very brief message, that you phone the nursery office. Please leave a brief message with Nikki, and we will ensure that either your child's key worker or I will contact you at the earliest opportunity. We thank you in advance for your understanding and support in this matter.

Some ideas to help you child return to nursery...

Transitions – When things change



In nursery children are developing their learning through play and everyday activities. They are developing their understanding that change happens and we acknowledge that this can make them feel nervous. We focus on how we can support them through these feelings.

Below is a link to a story that you might like to watch with your child, it tells the story of a racoon who is nervous about starting school. The feeling can be the same for starting nursery or returning to nursery.

[NOOK Online Storytime: The Kissing Hand - Bing video](#)

After you have watched the video ask your child about changes they have experienced. Everything has been very different due to COVID 19 and we might be feeling anxious about returning to nursery or being away from home.

- Explain that changes happen and it is okay to feel nervous or scared about new things. Ask children to think about what helps them if they are nervous about changes or new experiences.
- Encourage children to draw things that help them feel more confident.
- It may be helpful to have a discussion about this topic to help them realise everyone has these feelings from time to time as well as share practical ways to help them tackle changes confidently.



Linking the learning to a Curriculum for Excellence – Health and Wellbeing - I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.

Developing Emotions

In nursery we talk a lot about feelings and emotions which helps children to recognise and process the different thoughts and feelings they may have and develop strategies to manage these emotions. The following activity will help children to explore their emotions further.

Emotions box/bag

- First introduce a range of emotions to your child and give examples of situations where they may be faced with managing them e.g. "How do you feel when you go somewhere new - do you feel excited, worried or scared?"
- Next ask your child to think about something that makes them feel: happy, sad or worried. Discuss these feelings with your child and talk about what they could do to help them feel better when faced with these situations.
- Invite your child to make an emotions box /bag using any empty box,



container or a little fabric bag. Once you have your box or container, ask your child to draw a happy face, sad face and worried face on some paper and cut them out.

- Their emotion faces can be stored in their special “ Emotion box/bag “
- Encourage your child to visit their emotions box regularly and talk about how they are feeling. They can add any other emotion faces to their box/bag eg angry

Please share any photos on our twitter page @Saltoun_Primary or by email!

Linking the learning to A Curriculum for Excellence

HWB “I know who can help me if i feel sad , scared or ill .

LIT “I can share my experiences, feelings or ideas through mark making and pictures “

Finally – a word of reassurance. Our children have shown incredible resilience and patience throughout this last year and have coped amazingly well despite all the challenges that we face. However if you have concerns about how your child might be coping with events that are happening around them – please phone us, chat with us and we can work together to try to find a way to help. The same request goes out to you – our families, parents and carers. It has been an incredibly challenging time for all of us. If you need someone to talk to – please do not hesitate to contact us – sometimes a chat is all that is needed, but together we can get through this.

I finish by apologising for the length of this letter, but hope to offer reassurance about the return to nursery and to give you as much information that we can share with you at this time. I thank you all for your ongoing support for our school, staff and community and look forward to when we can all be together again.

Take care and stay safe.

Debby Crossan

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