Prímrose Híll Prímary School Weekly Newsletter

Address: Princess Road, London, NW1 8JL Tel : 020 7722 8500 Email: admin@primrosehill.camden.sch.uk Website: www.primrosehill.camden.sch.uk Friday 21st Jan 22 Issue No. 17 (2021-2022) @NW1PrimroseHill



Well – it's been a busy time this week with all the classes working hard as the term hits full speed. I have the pleasure of having children come to me to show off their work and it is always a joy to see the effort and progress they make. We know that this remains a difficult time for the school community as (despite news reports appearing to say the contrary) COVID is still making its way through us - and at an increasing rate. We also are aware that our enrichment offer, as well as our desire to have you back in the building sharing in the joys I've mentioned above, are still 'on hold'. We have and continued to plan for when we are able to open up more fully again. It is a huge frustration to us that we are unable to do so at present, however, until we can be certain that the community is not going to suffer extended consequences of any relaxation, our mitigations have to remain in place.

To that end, we do request that even when wider relaxations in society occur, on-site mask wearing and maintained social distancing continues where possible. In addition, none of the current arrangements we have in place internally (staggered breaks, one way systems etc.) will be removed over the next few weeks. We will remove these once we are certain we are through the worst of the spread. As I write this (on Friday morning) we have 3 more confirmed cases across the school, so being wary and vigilant will be crucial to the community over this tricky winter period.

My heartfelt gratitude to all of the school community for bearing with us as we go through this together. As I have repeatedly said, it is the cohesion of this wonderful part of North London that has enabled us to achieve so much in such tough times. But, we know we will be an even stronger community for having helped each other through this. **Phil**

Our H2 Festival is due to start in Autumn 2022!

This will involve up to 5 local schools and our very own Kate Hopewell, who many of you will remember from her time here and her great drama work.

The theme will be Transformation, and some of the suggested texts are: The Tempest, Frankenstein, The Odyssey, The Caucasian Chalk Circle and Macbeth.

Watch this space!

Friendship Squad

Great news! Our Friendship Squad is up and running properly now. The children are doing a fantastic job supporting the children in the main playground, in Froglets and in Ladybirds.

Not forgetting the fantastic work they do around the school in the dining hall, the library and the office. What would we do without their dedication?

Thanks, guys, you're doing a great job!

The Dog House

Set in Wood Green's Animal Charity in Cambridgeshire, this programme has been described as charming and compassionate.

Five Mile Films, who make this programme have begun a serach for individuals, friends, couples and families who could offer a rescue dog a loving home and share their story with Five Mile Films as part of their next series.



^{(!} Are you a potential dog rescuer?

Would you like to share your story?

If you are seriously considering rescuing a dog and would like to talk to the programme makers, please see boxes following this.

Follow this link for a glimpse of the programme: <u>https://www.channel4.com/programmes/the-dog-house</u>







COVID-19: Update from Camden Council

For the latest information and support from Camden Council and its partners, including updates to services:

- Visit camden.gov.uk/coronavirus
- Check the news pages at news.camden.gov.uk
- Follow Twitter @CamdenCouncil, Facebook facebook.com/ LBCamden and Instagram @WeMakeCamden
- Speak to someone at the Council on 020 7974 4444 (option 9).

SIGN UP to the Council's coronavirus enewsletter at camden.gov.uk/coronavirus-updates

New 5-day self-isolation rule

If you've been self-isolating after a positive COVID-19 test and don't have any symptoms, you can now choose to stop selfisolating after 5 full days – as long as you receive two negative rapid tests on days 5 and 6.

If you test positive, please stay at home and continue to self-isolate until you receive negative tests on two consecutive days, or until the end of day 10.



For the latest updates to COVID-19 guidance, visit gov.uk/coronavirus

Where to get your COVID-19 vaccine

It's not too late to get your first, second or booster dose. Everyone aged 12+ is eligible to get vaccinated, with boosters now also available to 16 and 17-year-olds 3 months after a second dose. Book an appointment online or visit a vaccination clinic for a walk-in appointment:

- Aqua Pharmacy, 59 Mil Lane, NW6 1NB Monday to Friday 10am to 7.30pm, Saturday 9am to 7pm, Sunday 10am to 4pm
- Bidborough House, 38-50 Bidborough St, WC1H 9BT Monday to Sunday 9am to 6pm
- Bloomsbury Surgery, 1 Handel Street, WC1N 1PD Thursday to Sunday 10am to 6pm
- Essential Pharmacy, 168 Drury Lane, WC28 5QA Monday to Friday 9.30am to 5.30pm
- JP Pharmacy, 139 Camden High Street, NW1 7JR Monday to Saturday 8am to 6.30pm, Sunday 10am to 5.30pm

Sandylight Pharmacy, 131 Queens Crescent,

NW5 4EG - Monday to Saturday 9am to 5pm



To find out more, visit camden.gov.uk/getting-the-vaccine

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If you or your child is aged 12 to 17 and ready to get their COVID-19 vaccination, the NHS is hosting free clinics 4.30 to 6pm:

- Friday 21 January at the Roy Shaw Centre, 3-5 Cressy Road NW3 2ND
- Thursday 27 January at the Peckwater Health Centre, 6 Peckwater Street NW5 2UP



With the latest news that restrictions are beginning to be removed by the Government, please remember that COVD-19 hasn't gone away, it's important we all continue to look after each other and take steps to keep ourselves and others safe.

While it's been reported that cases of Omicron in London have peaked, cases still remain high. Continuing to take regular rapid tests, wearing a face covering in indoor and busy outdoor public spaces, and getting your vaccine and booster doses as soon as possible, are some of the best ways to keep safe. So far in Carnden, over 437,000 vaccinations have been given, including over 106,000 boosters. If you haven't had your vaccine or booster yet, there are lots of locations available across Carnden, including local pharmacies, vaccine clinics and health centres – see below.

Finally, we know winter is a hard time for many – below you can find a range of support and help available to you from the Council and our partners. Please get in touch if you or anyone you know is struggling.

Councillor Georgia Gould, Leader of Camden Council

The COVID-19 vaccine is recommended for pregnant women

If you're pregnant, getting both doses of the vaccine and a booster offers the best protection against COVID-19 for you and your baby. The Pfizer or Moderna vaccines are both recommended for those who are pregnant. However, if you had AstraZeneca for your first dose you should get it again for your second dose. If you have questions, speak to your midwife or a health professional at a vaccination clinic. There is more information about the vaccine, pregnancy and fertility at **nhs.uk/coronavirus**



Help and support available this winter

Money worries

- If you're struggling with debt or your finances, find out how to access a range of benefits, grants and discounts at camden.gov.uk/finances or call Camden Council on 020 7974 4444 (option 9)
- If you need support making a Universal Credit claim, call Citizens Advice Camden on 0808 278 7835

Staying warm

- If you're 66 or over, you may be eligible for a Winter Fuel Payment worth up to £300. To find out more, call Age UK Camden on 020 7239 0400
- If you're on a low income and receive benefits, you may be eligible for a £140 discount on your electricity bill under the Warm Home Discount Scheme. Find out more about this and other available support with your energy bills at camden.gov.uk/staywarm
- For general advice on how to stay warm and well this winter, visit nhs.uk/keep-warm-keep-well

Mental health

- If you're struggling with your mental health, speak to your GP, visit icope.nhs.uk or call iCope on 020 3317 6670
- Young people can also visit kooth.com or camdenrise.co.uk/emotional-wellbeing
- For more information, visit camden.gov.uk/mental-health

To access help and advice on other issues, visit camden.gov.uk/ winter-booklet or call Camden Council on 020 7974 4444 (option 9).

