



The Forest School
Every Child, Every Chance



Tuesday 27 September

Dear Parents and Carers,

Can you believe we are already in our fourth week of the new school year? The summer holiday seems a long time ago now and autumn is definitely bringing some darker mornings and more autumnal weather. With this in mind, we thought it would be a good opportunity to remind you of a few things.

Coats

Please ensure your child comes to school with a named warm/waterproof coat - and when the weather gets colder, gloves and a hat are also recommended.

PE Kit

Whether your child comes to school wearing their PE kit, or whether they bring it in a PE bag, please can you ensure it is named and adheres to our school uniform policy. Navy or black shorts or tracksuit bottoms and a white T-shirt. When the weather allows, PE may also take place outside, so their red or navy school jumpers (or similarly coloured alternatives) will be suitable to provide extra warmth.

School Uniform

We have a large amount of spare school uniform. If you are in need of any items, we will be holding a second hand uniform sale in school on Friday morning - any monetary donations will be gratefully received.

Packed lunches

Whilst we understand and appreciate that many of our children have dietary needs, intolerances or special diets, please can you avoid sending your children into school with large chocolate bars, e.g. Mars, Wispa, Snickers etc and provide a smaller alternative. Can we also ask that you avoid items containing nuts. Although we are not officially a nut-free school, we do have some pupils and staff who have nut allergies.

Coughs, colds and COVID-19

We are all continuing to learn to live safely with COVID-19 and as we head into the cold and flu season, and with most of us not being able to access free testing for COVID-19, it is difficult to determine whether symptoms may be COVID-19, flu or other respiratory infections, as they are very similar.

Interim Co-Headteachers: Miss L Frankland and Mr P James

Address: Park Lane, Knaresborough, North Yorkshire, HG5 0DQ

Tel: 01423 864583 **E-mail:** admin@forest-school.org.uk **Web:** forest.n-yorks.sch.uk



The Forest School
Every Child, Every Chance



Clearly respiratory infections are common in children and young people, especially during the winter months, so if your child's symptoms are mild, they do not have a temperature and are otherwise well, they should attend school.

We are already experiencing a high number of both pupil and staff absence linked to flu-like symptoms, some of which have been confirmed as COVID-19, so in order to avoid the spread of infection, can we please ask that if your child is unwell and has a high temperature, they stay at home until they no longer have a temperature and are well enough to attend.

Please see below for further guidance.

<https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19>

Parents Open Morning - Friday 30 September

We are looking forward to welcoming many of you into school for the "Meet the Teacher" event this Friday. Each class has a slightly different arrangement, so please adhere to the timings you were given in the letter from your son/daughter's class teacher.

As always, thank you for your continued support and we look forward to working with you over the coming weeks and months.

Yours sincerely,

Lisa Frankland and Paul James
Interim Co-Headteachers