



Friday 7th January 2022

Dear parents and carers,

Welcome back - I hope you all had a great Christmas and were able to spend time with family and friends.

Our revised approach to supporting pupils' behaviour

Today we have launched our new school rules with the children: Be Respectful, Be Kind, Be Ready. These will form the core of our revised behaviour policy which we will share with you later this term.

Each week myself and Mrs Woolley will focus on a different rule. We're starting next week with Be Respectful. Each week, in an assembly, children will explore what each of these rules mean and what it looks like to be respectful, for example. I will keep you informed in the newsletter and let you know when we move onto the next rule.

Covid update

Since the end of term 2, a couple of changes have been made, as follows:

Self-isolation

How long you need to self-isolate

If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you do not have symptoms) and the next 10 full days.

If you get symptoms while you're self-isolating, the 10 days re-starts from the day after your symptoms started.

When to stop self-isolating

You can stop self-isolating after 7 days if you do a rapid lateral flow test on days 6 and 7 of your self-isolation period and:

- both tests are negative
- you did both tests at least 24 hours apart
- you do not have a high temperature

If you do a rapid lateral flow test on day 6 and test positive, wait 24 hours before you do the next test.

If you stop self-isolating on or after day 7, it's important that you take steps to reduce the chance of passing COVID-19 to others. This means you should:

- work from home if you can
- wear a face covering in shops, on public transport and when it's hard to stay away from other people – particularly indoors, in crowded places or where there is not much fresh air
- limit contact with people at higher risk of serious illness from COVID-19
- follow advice on how to avoid catching and spreading COVID-19

You can stop self-isolating after the 10 days if either:

- you do not have any symptoms
- you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone

When to keep self-isolating after 10 days

If you have a high temperature after the 10 days, or are feeling unwell, keep self-isolating and seek medical advice.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>)

PCR testing

UKHSA has announced updated guidance on PCR testing for those without symptoms which will come into effect from 11th January. Under the new guidance, anyone in England who receives a positive lateral flow device (LFD) test result should report their result on gov.uk and must self-isolate immediately, but will not need to take a follow-up PCR test.

After reporting a positive LFD test result, they will be contacted by NHS Test and Trace so that their contacts can be traced.

Anyone who tests positive will be able to leave self-isolation seven days after the date of their initial positive test if they receive two negative lateral flow test results, 24 hours apart, on days six and seven.

<https://www.gov.uk/government/news/confirmatory-pcr-tests-to-be-temporarily-suspended-for-positive-lateral-flow-test-results>

SMSA vacancy

We are still looking for a school meals supervisory assistant – please see the details below.

Curriculum information evening

Previously we have advertised a parent curriculum information evening to take place on the afternoon and evening of Thursday 20th January. This will now move to term 4. The date will be confirmed over the coming weeks.

Best,

Mrs Ballantine

Sarah Ballantine
Headteacher

Events week commencing: Monday 10th January 2022 (MENU week 3)

Mon 10th January: A quiet week in school!

Message from Mgr Bernard at St Bon's church

Dear parents and carers,

I need your help please. As I'm sure you're aware, every year the children in Year 3 have a special course to prepare them to make their First Holy Communion. We are hoping to start this in February after half term.

I need a group of adults (male and female) to help with this programme. Ideally what I need is about six or more people, with one or two being prepared to take the main lead. This number of people means that you shouldn't need to be there for every session and given the busy lives that you have, this can often make it a lot easier for people to volunteer.

The course has three books – one for the child, one for the parents (so they can follow and help their children) and finally one for the team leaders (to show them what they need to do).

The course will run on a Saturday (whether this is morning or afternoon will depend on what the volunteers decide.)

Please email me if you can help or want more information at bernard.massey@cliftondiocese.com

Thank you in advance, Mgr Bernard

Reception 2022 – applications for siblings

If you have a child currently at St Bon's and you would like their sibling to join us next September (turning four between 1st September 2021 and 31st August 2022) you will need to apply on the Bristol City Council website by midnight on the 15th January. You do not automatically get a place without applying even if you have a child here already.

If your child is baptised Catholic, please also provide us with a copy of their baptism certificate before 15th January.

Packed lunch contents

Just a polite reminder that carbonated drinks should not be included as part of a packed lunch – this is in line with our healthy school approach.

Vacancy for Breakfast Club worker

We are looking to recruit a new member of the Breakfast Club team 5 mornings a week between 7.45am and 8.45am. Please contact the school office if you are interested in finding out more.

Vacancy for School Meals Supervisory Assistant (SMSA)

We are looking to recruit an SMSA to work every lunchtime (12.15pm to 1.15pm). This involves supervising the children in the school hall and on the playground as part of a team of SMSAs. Please contact the school office if you are interested in finding out more.

North Bristol Foodbank

North Bristol Food Bank can be reached on 0117 979 1399.

For areas covered see here: <https://northbristol.foodbank.org.uk/locations/>

Up to date information for these outlets is available here - <https://northbristol.foodbank.org.uk/get-help/>

Have you had a change of circumstances due to COVID-19?

There are lots of schemes that you could be eligible for to support your child and your wider family:

- **Pupil premium and/or Free School Meals** - Financial support that is provided to schools to help support your child and Free School Meals http://www.st-bonaventures.bristol.sch.uk/web/pupil_premium_and_sports_premium/270945
- **Council Emergency Payment** - To help you pay off one-off bills like heating, electricity <https://www.bristol.gov.uk/benefits-financial-help/emergency-payments-local-crisis-and-prevention-fund>
- **North Bristol Advice Centre**: The advice centre can help signpost you to initiatives that you could be eligible for to get support: <http://www.northbristoladvice.org.uk/>
 - **The Money Advice Service** - For help to manage your money during the pandemic <https://www.moneyadviceservice.org.uk/en/articles/coronavirus-and-your-money>

If you are struggling to access these services and would like help, please contact the school office.

COMMUNITY NEWS

Babysitting

Hi, my name is Amelie Paul. I am 15 and an old St Bon's pupil. I'm currently at RGS and am looking for babysitting work. I have two younger sisters, one of whom is still at St Bon's, and I have been volunteering at St Bon's Brownies as part of my DofE. If you are interested, please text my mum on 07766 366569.

Second hand violins for sale:

1/2 size Primavera violin in good condition, a few scratches on underside. £40

1/2 size Mayflower violin in good condition. £40.

Please contact Mel 07908 085283.

Sinead Pelley Health & Wellbeing

I would like to thank all the wonderful St Bonaventure's families that visit my clinic - it has been so rewarding to see the improvement in both children and parents, greatly benefiting from my Kinesiology and well-being sessions. Kinesiology is incredibly effective for children and parents are amazed at how quickly results are achieved.

Please do have a look at my website should you wish to understand a bit more....

<https://www.healthandwellbeingbristol.co.uk>

I will continue to offer a free 10 minute consultation and 10% off all initial treatments for St Bonaventure's families.

For a chance to win a FREE initial consultation and appointment in January- please like and follow my Facebook page. The winner will be contacted before Christmas!! Good luck!!

<https://www.facebook.com/Sinead-Pelley-Health-Wellbeing-107579514955197/>

The essence of health is inner balance.