



DOWNHAM PREPARATORY SCHOOL AND MONTESSORI NURSERY

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Newsletter to Prep & Nursery School Parents 25th February 2020

World Book Day 2020

As many of you are aware, World Book Day is on Thursday 5th March this year.

We would like all children to dress up as a book character on that day.

The children who come in costume will each be given a certificate for participating.

FenSong

Visit on Tuesday 11th February.

FenSong is a local, award winning, free, Drama group. Membership is open to all children from age 6 upwards.

Many of the children have special needs; the group is inclusive and welcomes them all.

FenSong visited the school and taught our pupils the sign language alphabet. They then learnt a song and how to sign it. The children thoroughly enjoyed the visit, which was inspirational. Some of them have now asked if they can join the group.

We look forward to working closely with FenSong in the future.

Mindfulness

Following the success of our recent Assembly on Mindfulness, we decided to include different methods of achieving a calmer start to each day. All the Preparatory school pupils and staff meet in the hall at 8:45, every morning, for 15 minutes, to learn Tai Chi or meditation. We have noticed that a number of children are already using many of the new breathing and calming techniques during the school day.

Coronavirus

Please read the attached advice for schools issued by Public Health England (at the end of this newsletter).

Health & Hygiene

We are trying to teach our children the importance of good hygiene in school to help prevent the spread of coughs, cold, germs and other viruses. We are trying to reinforce the habit of closing the lid and flushing the toilet (pulling the chain) after each use. Hand washing is essential after using the toilet, before eating and many other times during the day. They need to use soap and warm water, rubbing their hands together thoroughly for at least 10 seconds. They should avoid touching eyes, nose and mouth with unwashed hands. Please help us by practising the same at home. Please also make sure your child always has tissues in their pocket, so that if they cough or sneeze, they can "Catch it, Bin it, Kill it!" - following the Public Health guidelines.

Medicines in School

If your child needs to take any prescribed medication during school hours, please label it clearly with your child's name, the dose and when it is to be taken. Please take it to the school office and you will be given a form to complete. Non-prescribed medication (like Calpol) cannot be administered at school. Also, children should not bring in any cough sweets to suck, or lip salves.

Children with Asthma should have an up-to-date inhaler in school, together with a completed card giving details for administration.

Match Report – Mrs Rockcliffe

2nd round of Cluster Hi 5 Netball Tournament

On Thursday Yr 5/6 went to the Downham Leisure Centre to play the indoor second round.

Playing indoors means the games are only 5 min one way, very fast and very low scoring.

The first match was against a very tall Hillcrest team. We dominated this game and Anish showed fantastic shooting skills, unfortunately it was into the basketball net not the netball one!! This was not allowed and Hillcrest managed in the last 10 secs to get it to their very tall shooter and he scored meaning we lost 1-0 which was very unlucky.

The second game was against Magdalen. We had most of the possession and Sophia got a fantastic rebound, resulting in a 1-0 win to us.

The third game was against Riverside. Again, great play from us saw Oliver score a great goal and we won 1-0.

Another tall team made up of mainly basketballers was Watlington. Just like the Hillcrest game, we dominated and had most of the possession only to see them score in the last seconds of the game, meaning we lost 1-0. We really were so unlucky.

We had a great game against Shouldham; it was clear they wanted to beat us. It was a tough game with them not strictly sticking to the 1 metre distance rule, but we kept trying and showed some great passing. It was end to end with no goals scored, resulting in 0-0 draw.

The final game was against Denver, another really good game. Not sure they stuck to their rotations, as they had 2 boys playing together in defence, which is not allowed. We dominated possession but just couldn't get that goal resulting in a 0-0 draw.

I am very proud of all the players. They behaved superbly, played some excellent netball and you can see a genuine improvement in all of them. Special mention has to go to Charlotte and her newly learnt dummy pass which she used to great effect in the last game. Well done!

Downham vs Hillcrest	0-1
Downham vs Magdalen	1-0
Downham vs Riverside	1-0
Downham vs Watlington	0-1
Downham vs Shouldham	0-0
Downham vs Denver	0-0

Football – Mr Lane

On the 29th January we took 2 teams of Under 9 age players to take part in a friendly tournament with two teams formed from Glebe House School.

For the first two matches we split into A and B teams and the second two matches we split them so that three members of the A team played with three members of the B team. So, all players played in two of the four matches. All games were played in a very sporting manner with Glebe winning two matches and Downham Prep winning two matches.

Every player contributed to their team and put in 100% effort, irrespective of whether they were on the winning or losing team.

Everybody gained great experience of going to and playing another School. Some players put in so much effort that they fell asleep in the bus on the journey back to School! Made for a quieter journey home!

Well done to all the players. Kiyam Medina, Sam Nuttall, Lewis Aston-Dive, Jack Amesbury, William Wright, Hector Pulman, George Glasspoole, Frederick Ford, George Loveday, Srisamarth Shyam Sundar, Logan Remmington and Scarlett Wortley.

Dear Parent/carer,

Coronavirus concerns

You're likely aware of the outbreak of novel coronavirus in China and the subsequent confirmed cases in the UK. At Downham Preparatory School we take the health and safety of our pupils and staff very seriously, so we're sharing [guidance](#) from Public Health England on steps you should be taking.

There's currently no cause for concern at the school, but we'll keep you informed about any developments and ensure we're keeping the school clean to prevent the spread of any virus.

Prevent the spread of infection

Make sure you and your children follow these general principles to prevent spreading any respiratory virus:

- Wash your hands often – with soap and water for at least 20 seconds, or an alcohol-based sanitiser if soap and water aren't available
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are sick
- If you feel unwell, stay at home and don't attend work or school
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin
- Clean and disinfect frequently touched objects and surfaces in the home
- If you're worried about your symptoms, please call NHS 111 – don't go directly to your GP or other healthcare environment

If you or your children have returned from anywhere in Hubei province in past 14 days

Contact NHS 111 for advice, and:

- Self-isolate for 14 days after leaving Hubei (If you become unwell, call NHS 111 immediately for an assessment (or 999 if you require emergency medical attention) – see below for the symptoms to look out for

If you or your children have returned from a specified area in last 14 days

The specified areas are:

- China (other than Hubei)
- Hong Kong
- Japan
- Macau
- Malaysia
- Singapore
- South Korea
- Taiwan
- Thailand

If you or your children are well:

- You don't need to avoid contact with other people
- Your other family members don't need to take any precautions or make any changes to their own activities

If you become unwell (see below for a list of symptoms):

- Stay indoors and avoid contact with other people as you would with other flu viruses.
- Call NHS 111 immediately for an assessment (or 999 if you require emergency medical attention)

Symptoms to look out for

If you've returned from the specified areas or Hubei, look out for the following symptoms:

- Cough
- Difficulty in breathing
- Fever (a temperature of 38 degrees C or higher)

According to other [official guidance](#), while you wait for further advice:

- Avoid contact with others
- Stay at home – don't go to work or school
- Don't travel while sick
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing, throwing tissues in the bin
- Wash your hands often with soap and water for at least 20 seconds (or an alcohol-based sanitiser if soap and water aren't available)

If you or your child have any further concerns or questions, please do not hesitate to contact the school.