



St Peter's Church of England Aided School

Quarry Lane, Exeter, EX2 5AP | www.spexe.org | (01392) 204 764 | school@spexe.org

23rd July 2021

Dear Students, Parents and Carers

September and beyond, including important Covid updates and free support for the summer

Firstly thank you for your tremendous support throughout this year. Your letters, emails and cards of thanks and encouragement mean a huge amount to the staff. There have been many, many examples of kindness, patience, understanding and goodwill as we have worked together to navigate the many challenges. I have no doubt that there will continue to be Covid related challenges but we have proved that we can work together in incredibly challenging times. Thank you.

This letter is also a welcome to Year 6 students and parents. This letter is the first of two letters.

Letter One – September and beyond, including important Covid updates.

Letter Two – Mass Testing and Staggered start to Autumn Term

Health Matters

To support the NHS Test and Trace process, please ensure that you report any positive lateral flow tests and positive PCR tests using the covid@spexe.org email address. This email address will be monitored up to and including 30th July.

Key Approaches to Keeping our Community as Safe as is Reasonably Possible

It is vital that all of the information in this letter is followed by all students, parents, carers and staff. The key approaches to ensure we all do our best can be summarised as:

Why so many measures?

No measure perfect!
Measures compliment each other

ANY SAFEGUARD HAS INHERENT FLAWS OR 'HOLES'

DISTANCING
MASKS
CLEANING
HANDWASHING

Isolation and testing

Contact Tracing

Ventilation

Vaccination

PROBLEMS OCCUR WHEN MULTIPLE "HOLES" LINE UP

MODEL: J REASON

sketchplanations

14 COVID-19 Educational Settings

'Life to the full for everyone.'



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Students and staff should not come into school if they have symptoms, have had a positive test result or other reasons requiring them to stay at home due to the risk of them passing on COVID-19 (for example, they are required to quarantine).

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

• Hand Hygiene

Frequent and thorough hand cleaning should now be regular practice. Students and staff should continue wash their hands regularly. This can be done with soap and water when available or hand sanitiser.

• Catch it, bin it, kill it!

The infographic is titled "How can you stop coronaviruses spreading?". It is divided into two main sections: "If you need to cough or sneeze" and "You should wash hands with soap & water or hand sanitiser".

If you need to cough or sneeze:

- Catch it with a tissue:** Icon of a person coughing into a tissue.
- Bin it:** Icon of a tissue being thrown into a bin.
- Kill it by washing your hands with soap & water or hand sanitiser:** Icon of hands being washed in a sink.

You should wash hands with soap & water or hand sanitiser:

- After breaks & sport activities:** Icon of a soccer ball.
- Before cooking & eating:** Icon of a plate and fork.
- SCHOOL ETC.:** Icon of a school building.
- After using the toilet:** Icon of a toilet.
- Before leaving home:** Icon of a house with an arrow pointing out.

Additional instructions:

- ✓ Try not to touch your eyes, nose, and mouth with unwashed hands
- ✓ Do not share items that come into contact with your mouth such as cups & bottles
- ✓ If unwell do not share items such as bedding, dishes, pencils & towels

Walking and Cycling to School

Walking is a really healthy, active and safe way to travel to school.

Have you ever considered cycling to school? Cycling is a really healthy, active and safe way to travel to School. It helps to boost mental health and wellbeing, is a great way to start the day and is fantastic for the environment too! Check out the link below to see possible cycle routes in to St Peter's from primary schools across the city.

<https://www.spexe.org/cycling-to-st-peters/>

Uniform

We would like to remind you of some key expectations around uniform.

- PE kit should only be worn on days when students have a PE lesson.
- **Hair** should be kept **neat and tidy** and of one reasonable length, style and must be of **one natural colour**. (Shaved heads, stencilled, or very short hair are not acceptable.)
- **Nail varnish should not be worn** in school and **make up should be subtle**.
- No **jewellery should be worn** apart from a watch and **not more than one plain gold or silver stud** in each earlobe, no other piercings are permitted.
- Coats/hoodies must not be worn indoors

Please support us by ensuring your child(ren) comes to school dressed appropriately.

We will continue as per Covid approaches:

- With changing rooms out of use PE kit can be worn on days students have PE lessons
- School uniform should be worn smartly on other days



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Pre-Owned Uniform

The PTA have various items of pre-owned uniform available at very reasonable prices. If you are interested please email pta@spexe.org giving details of your son or daughter's sizes e.g. collar, chest and waist size. They will contact you regarding availability, and if applicable arrange collection. All proceeds from the sale of uniform are returned to the school and are invested in teaching and learning.

Lines of Communication

We really value your feedback, whether it is to praise, query or share concerns and ask that you use the following channels to support us working constructively in partnership as we all try to do our best in these incredibly challenging times.

We are trying to communicate in clear and concise ways that don't bombard you. Below is a guide that we trust will help you and us share key information.

- **Planner** – please write a note for your child's Tutor/Teacher if you wish to use the planner
- **Subject Learning** – please email subject teachers if you have specific questions
- **Welfare Needs** – please email tutors if you have specific questions
- **General Praise, Queries or Concerns** – please email SLT Admin Team
- **Text, Social Media, Website, Email and Letters** – we will try to keep these to a minimum with just key information so as not to overwhelm you
- **Safeguarding** – please email safeguarding team on safeguarding@spexe.org

Staffing

We say goodbye and many thanks to the following staff who are moving on to promotions and new roles:

Susan Sutherland – Teacher of Maths	Susannah McDonald – Teacher of MFL
Amy Selley – Teacher of Science	Rachel Smith – Teacher of English
Gilly McDermid – Teacher of RE	Elaine Wiseman – Cover Supervisor
Catherine Smith – Science Technician	Nick Chandler – Teacher of PE
Deborah Cruickshank – Cover Supervisor	Anna Grantham – Teacher of Geography
Mel Ironside – Teacher of MFL	Dawn Adam – Teacher of Science
Sammy Ju – Intervention Support Officer	

We welcome:

Matthew Hickey – Head of Year	Kelly Walton – Teacher of The DELL
Victoria Keast – Teacher of Science	Paddy Randall – Teaching Assistant
Karriad Shawcross – Teacher of RE	Zahra Abdelrahman - Teacher of Maths

Good News!

Otto in Year 7 has been named BT Young Pioneer in this years Tech4Good Awards. Read more about this fantastic achievement here:

<https://www.spexe.org/643/latest-news/post/101/bt-young-pioneer-tech4good-awards-otto-in-year-7>



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Entrance and Exit to School

- Hand Sanitise
- Year 7 (main reception for first day)
- Years 8 and 9 (main student entrance)
- Years 10 and 11 (green gates by astro)

Hand San

- All students and staff are expected to hand san on entry and exit to school and toilets; At the start and end of every lesson, break and lunch

Masks

- Wearing of masks is not mandatory
- Wearing of masks reduces the chances of transmitting covid to other people
- It is therefore an act of kindness to our community to wear masks
- <https://www.theguardian.com/world/video/2021/jul/07/how-your-mask-protects-other-people-video-explainer>
- Some students and staff are exempt from wearing masks and we expect this to be respected

Staggered Start

Wednesday 8th September – Year 7 only

8.30 – Courtyard and on to tutor bases

10.40 – Hall – Short assembly

Periods 3,4& 5 – Normal lessons

Short assembly – 2.55-3.05

Thursday 9th September – All years

Tutor time and Period 1 – Tutor bases

Period 2 onwards – Normal lessons

Tutor Groups

- Year 7 (Maths corridor)
- Year 8 (English corridor)
- Year 9 (MFL & Music corridors)
- Year 10 (Humanities corridors)
- Year 11 (Science corridor)

Canteen

- Reval machines – These will be open for students to put cash on and we continue to strongly encourage parents and carers to use the schools gateway payment system as the most reliable method. Packed lunches from home are also of course an option.
 - (first half break) - Years 9, 10 and 11
 - (second half break) - Years 7 and 8
 - (first half lunch) - Years 7 and 8
 - (second half lunch) - Years 9, 10 and 11



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Support – Freely Available

Whilst I hope the summer is a great time for rest and relaxation I recognise that it can have plenty of challenges too. I hope the following range of support will be useful.

HAF Holiday Fund – Free Summer Holiday Activities and Meals The aim of the Holiday Activity and Food

(HAF) programme is to support children to eat more healthily, be more active over the school holidays and have a greater knowledge of health and nutrition as well as be more engaged with school and other local services. The HAF programme is primarily for children aged 5-16 years (and can include 4-year-olds already in Reception year) who are eligible for and receiving benefits-related free school meals (FSM), and their families. The Holiday Activities and Food programme is being delivered by a number of different individuals and organisations across Devon. To access the programme, simply book a place through one of the providers listed. Please note that booking details differ depending on each provider. The providers on offer include those experienced in working with children and young people with special educational needs and disabilities (SEND) and are therefore appropriately trained to support children with a disability or additional needs. If your child requires assistance for the activity, the parent or carer may be welcome to attend or the activity provider may offer extra support for your child. Please contact the given provider to discuss further. Places are now open.

Find the full eligibility criteria and the list of providers taking part

here: <https://www.devon.gov.uk/educationandfamilies/family-support/haf-programme>

Summer Holiday activities/clubs Exeter 2021

- **Exeter City Community Trust (Exeter's Health and Wellbeing charity):** [Holiday Clubs Summer Sport Spectacular - CITY Community Trust \(exetercct.org\)](#)
- **F.I.S.H – fun in school holidays:** <http://www.funinschoolholidays.co.uk/>
- **Haven Banks:** [School Holiday Activities - Haven Banks \(haven-banks.co.uk\)](http://www.haven-banks.co.uk)
- **Laser camp – summer camps for 3 to 15 yr olds:** [School Summer Camps in Exeter & Tiverton \(lasercamp.co.uk\)](http://www.lasercamp.co.uk)
- **Variety of activities for all ages at Exeter University Campus:** [Holiday activities for children | Sport | University of Exeter](#)
- **A touch of the wild:** [School holiday club for children in Exeter and Devon. Explore the great outdoors at our woodland camp at Grammarcombe Woods, Ashcombe Estate, Near Exeter \(ataouchofthewild.co.uk\)](http://www.ataouchofthewild.co.uk)

Family Support

Devon and Somerset Fire service partnership – Free home fire safety visit

If you are concerned about your own home fire safety or have concerns about a family, friend or neighbour please call our home safety team on **0800 05 02 999**. You can also book or refer someone using our [online form](#). [Devon & Somerset Fire & Rescue Service - Fire Safety In The Home \(dsfire.gov.uk\)](#)

Who is eligible for a free home fire safety visit?

Any household with children under the age of 18

Anyone aged over 65

Anyone with a disability, mobility issues or sensory loss

Anyone who smokes and lives alone



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Anyone with a thatched property
Many other vulnerable people – please get in touch

We will arrange for one of our friendly Home Safety Technicians to visit you in your home. Find out [how to check it's an official fire service representative](#). The visit usually takes around 45 minutes and covers:

- Checking smoke alarms are set up correctly
- Making a fire escape plan
- Using electricity safety
- Cooking safely
- Keeping children safe
- Identifying and discussing any further support where needed, including fitting specialist fire safety equipment where required.

Free Solihull Training for Parents

Free Online Parenting Courses for all parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years in Devon. You don't need to be struggling. The courses are relevant to parents of all children, including those with special needs, autism, ADHD etc. Apply the access code below and register for an account, then take the course of your choice. Your account resumes the course at the point you last left it. You may receive very occasional emails with updates about the courses and you will receive congratulatory emails as you progress through the course. Here is the access code information Access code: **TAMAR**
Find out more here: [Ourplace | Online Parenting Child Education Courses \(inourplace.co.uk\)](https://www.inourplace.co.uk)

Support for families – Devon County Council

To find out more about what support is available in Devon, including how to access local financial support, healthy start vouchers and free school meals, where to find foodbanks and community larders, free meals during the school holidays and what to do if you're on a low income and need to self-isolate please click here <https://www.devon.gov.uk/coronavirus-advice-in-devon/document/support-for-people-and-families/>

Adult Mental Health

TALKWORKS Free Workshops Upcoming Dates

All workshops are for aged 18+

For anyone who would like to attend a Wellbeing workshop, please advise them to call 0300 555 33 44 to reserve a place. If you would like any more information about the services TALKWORKS offers please go to our website

at <https://www.talkworks.dpt.nhs.uk/>. <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/sleep-and-wellbeing-workshops>

Young People - Mental Health and Wellbeing

The Wave Project

Fully-funded social prescribing project for children 8-13yrs who are experiencing anxiety, low mood or loneliness. Ask your GP or Link worker about "Prescription Surf" To find out more about The Wave Project go to: <https://www.waveproject.co.uk/about-us/>

Community Connectors



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Young people aged 11 to 19, who live in Exeter, can now receive a different type of prescription from their GP to help them improve their wellbeing.

<https://www.youngdevon.org/news/community-connectors>



[Community Connectors | Young Devon](https://www.youngdevon.org/news/community-connectors)

Exeter's exciting new approach to help young people improve their wellbeing is now here. Young people aged 11 to 18, who live in Exeter, can now receive a different type of prescription from the

www.youngdevon.org

Happy Maps – Supporting Children's Mental Health

[HappyMaps | Support for Your Child's Mental Health](https://www.happymaps.org) - a hub of reliable resources from CAMHS.

YMCA Exeter – Children and Young People's Wellbeing Service.

A free psychological wellbeing service for 5-18 year olds offering support and intervention for low mood, anxiety and behavioural difficulties. The team of Wellbeing Practitioners use CBT (Cognitive Behavioural Therapy) techniques and goal-setting to build up emotional wellbeing and resilience in young people and their families. To speak to someone on the team Tel: 01392 410530 or email: wellbeing@ymcaexeter.org.uk Find out more at the website: <https://www.ymcaexeter.org.uk/cwpwellbeing>

Kooth is a free, anonymous and safe online mental wellbeing community for young people aged 11-25 years within the local area. Kooth provide a range of services to support young people's wellbeing, including live forums and discussion boards for young people to get involved in. Kooth have produced a 30 second video outlining some services professionals can request or book in with, watch the video here Find out more about Kooth here: <https://www.kooth.com/>

YoungMinds – Parents Guide-Supporting Your Child with Anger. If you need support to respond to your child's anger or aggression, YoungMinds have some advice on what you can do and where you can find help: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anger/>

YoungMinds – Supporting a Friend with their Mental Health.

YoungMinds have a new resource for young people to help with advice on what to say when supporting a friend, while looking after their own mental health too.

Read the article here: <https://youngminds.org.uk/find-help/looking-after-yourself/supporting-a-friend-with-their-mental-health/>

Parent Helpline: Are you worried about a child or young person? Contact the Parents Helpline for free, confidential advice via the phone, email or webchat. Find out more here: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>



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Keep safe and have fun.

Yours faithfully

Phil Randall
Headteacher

Job Opportunity

We are still looking to recruit more members for the testing team for the duration of the testing programme. The hourly rate of pay is £9.43 and full training will be provided. If you are interested in helping us and available on the dates mentioned, please contact masstesting@spexe.org. as soon as possible.