Dear Parents/Carers

A concern for us all is the fact that Aberdeen City and Shire have now moved into Tier 3 due to rising infection rates. This is not the news any of us wanted to be hearing.  Please let’s keep remembering the importance of all of us making the right choices  over the Festive Period! We are all being asked to remember, at all times, when we are out and interacting with other people, the FACTS rules:

* face coverings
* avoid crowded areas
* clean hands and surfaces
* two metre distancing
* and self-isolate and book a test if you have symptoms of the virus

**Please continue to remember the following for when we return after the holidays…….**

**What should I do if my child is unwell?** If your child is unwell, please do not send them to school. If they have one of the three common symptoms of COVID-19 (coronavirus) - a continuous cough, a fever or high temperature or loss of, or change in, sense of smell or taste (anosmia) - please follow the latest advice via <https://www.nhsinform.scot/coronavirus> and book a test. This website includes advice on what’s considered to be a fever in children.

If your child is unwell but they are not displaying symptoms of coronavirus, please keep them at home until they are back in good health. For vomiting and/or diarrhoea, as per normal circumstances, they should remain at home for at least 48 hours after symptoms have passed. This now also relates to a fever or high temperature (alongside a negative coronavirus result) and they should not return to school for at least 48 hours after symptoms have passed

Please continue to remember:

* **Staff or pupils who are, or who live with someone who is, symptomatic or a confirmed case of COVID-19 cannot attend school until self-isolation is over, or a negative test is received.**
* **Staff, pupils and parents/carers should not come to school if they or someone in their household has developed symptoms (new persistent cough or increased temperature)**

**Norovirus**, sometimes referred to as the **winter vomiting bug**, is the most common cause of gastrointestinal outbreaks and can occur in the community-schools and nurseries, especially at this time of year.  The symptoms caused by noroviruses are usually a sudden onset of non-bloody, watery **diarrhoea and/or vomiting** which can be projectile, usually lasting 1-2 days.  Other symptoms may include abdominal cramps, muscle aches, headache, a feeling of weakness and a slightly raised temperature.  Staff/pupils can become symptom free then relapse with more symptoms a few days later.  Norovirus infection can occur throughout the year but is **most common from mid-October to April.** The virus is highly contagious; therefore,isolation is key in stopping the spread of infection by limiting the contact between sick staff/pupils and those who could contract the illness.  Staff/pupils who are sick should not attend school until they have recovered.

Further information regarding preventing the spread of infection can be found on our website under the tab InformationàHealthcare & Medical with a link to: <https://fishermoss.aberdeenshire.sch.uk/wp-content/uploads/2020/01/Norovirus-Managing-Gastrointestinal-Infection-in-Schools.docx>

**The Larder** based in the **Porty Cabin** onCookston Road, across from Portlethen Primary School, are still helping local families who may find themselves in the position of losing jobs, reduced salaries, awaiting new universal credit claims or anybody who may find some weeks a bit of a struggle. No referral is needed, and no details are recorded. Please just pop in and get what you need.They have managed to secure a generous grant for over the festive period for ensuring nobody goes hungry and to make sure people can have the treats they deserve this year.  The grant is to include all the ingredients for Christmas dinner and other meals. As a School Staff Team, we decided to opt out of our ‘Secret Santa’, and instead purchased items for The Larder.  Please do make use of this support in the community, that is why it is there. Our **Primary 6/7** pupils also made Calendars to go inside food parcels being delivered by The Larder to some of the Senior Citizens.

Finally, my Term 2 Newsletter was e mailed home to Parents earlier today.  It is filled with lots of positive news about the experiences your children have enjoyed over the past 8 weeks.  It should make for a welcome distraction to all the challenges we currently face!  There is however a **STOP PRESS** to the **‘Great Achievements’** section on the **Computational Thinking Competition! Matthew Harrison P3/4 and Logan Purves P3/4** also won best in school for the Kits age group!  Apologies and big congratulations to the boys!  The copy of the newsletter on our website has been amended to include their names.

Thank you as always for your continued support.

Wishing you a safe and peaceful Christmas!

Take care.

Kindest regards

**Margaret M. Ferguson**

**Head Teacher**

Fishermoss School

Berrymuir Road

Portlethen

Aberdeenshire

AB12 4UF

Tel:  01224 472875

Aberdeenshire Council Education and Children’s Services



**‘Being the best we can be’**

**Respect-Honesty-Responsibility-Kindness-Hardworking**