Dear Parents/Carers

We hope this finds you all keeping well.  One more week to go until the holidays!

Thank you for all you have done this week to support us at school with parents erring on the side of caution and not sending their children to school if they are in the least bit unwell.  We also continue to be grateful to parents who are having their children tested to be sure that sore throats and coughs are not COVID related.  In this regard, a reminder to please be aware that the asymptomatic testing programme does not replace the current testing policy for those with symptoms. **School/setting staff and pupils who experience symptoms of coronavirus must self-isolate immediately and arrange a PCR test at** [**www.gov.uk/get-coronavirus-test**](http://www.gov.uk/get-coronavirus-test)**. People with symptoms must not rely on a negative LFD result as a reason to continue to attend school or their setting.**

With the excitement of football matches and all sorts of other fun stuff, please continue to remember the following:

* Meet outdoors as much as possible. No environment is ever entirely risk free in any sense - but in relation to Covid, meeting people outdoors poses less risk than meeting indoors.
* If we are meeting others indoors, we should stick to the limits and make sure the room is as well ventilated as possible.
* Continue to follow advice on physical distancing, handwashing, face coverings. Basic measures to prevent transmission are really important.

As the end of term approaches, I want to remind you that the **Psychological Resilience Hub**(PRH) continues to be available.  The Psychological Resilience Hub is for anyone who is struggling with the impact of the COVID-19 pandemic, affecting their psychological wellbeing.  The Hub is there to provide a short course of psychological first aid (between 1-3 sessions) to help adults, young people and their families manage feelings that have become difficult during COVID 19. This may include providing signposting to useful information and advice regarding where to access longer-term support if needed.

Callers do not need to have had COVID themselves as the impact of the pandemic has impacted on all of us in lots of different ways.  Callers may have had difficulties that were previously manageable or may have never had concerns about their mental well-being but, with the pressures of COVID, are now experiencing difficulties coping. An infographic has been attached to this email.

Please note: The Psychological Resilience Hub is NOT an emergency service. If you or someone you care about is at significant risk of harm to themselves or others, then please contact NHS 24 by calling 111 or contact your GP surgery.

Please also note:

* The PRH will try and contact callers quickly (within 7 days if you are in significant distress and within 3 weeks otherwise).
* Callers can help by providing as many options as possible for when the PRH reaches them.
* When the PRH calls, the number will not show up on the phone, it will come up as ‘withheld’.

Finally, please find attached a letter regarding class changes at Fishermoss in August 2021.

Please continue to take care.

Have a lovely weekend.

Kindest regards

**Margaret M. Ferguson**

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**‘Being the best we can be’**

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