Dear Parents/Carers

I hope this finds you all well.

As you will now be aware, the next phase of reopening Education will take place on Monday, March 15.  On that date, all children from P4-7 will return to school on a full-time basis. All primary school children will also be able to return to regulated childcare, including after school and breakfast clubs.  Next week would therefore be a good opportunity for all P4-P7 pupils to get back into a routine for the return to school on March 15th with early to bed and early to rise!  Our Primary 1 to 3 pupils have been fantastic at making sure they arrive at school on time since their return.  We very much look forward to welcoming back our Primary 4 to 7 pupils and do hope they are excited about their return to school!  Further information, and reminders, for the return of all Primary Pupils will be made in next Friday’s Fishermoss Family Friday Update.

To make sure we don’t see any reverse in our progress that would put the return of all Primary School Pupils in jeopardy, it is important that, for now, we all need to abide by the lockdown rules.

For now, the advice remains as follows:

* Stay at home except for essential purposes
* Do not meet people from other households indoors
* Follow the FACTS advice when you have to go out and about
* Work from home if you can

For the latest guidance from NHS Scotland and the Scottish Government, visit [www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)

**Please remember information previously shared** in relation to symptoms of the new variant not being the classic symptoms.  Symptoms can include extreme tiredness, sore throat, headache, bit of a cough, even diarrhoea. The message is if there are symptoms of any sort, however mild, anything at all making your child feel ‘under the weather’ then **do not send them to school!**  Schools have been advised to have a ‘low threshold’ and are required to send pupils home immediately for anything that indicates they are feeling unwell. Such is the concern about the new variant and the rate at which it is continuing to spread.

**What should I do if my child is unwell?** If your child is unwell, please do not send them to school.  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.

**Finally……**Aberdeenshire Schools have been approached by Health Improvement Officers from ‘Aberdeenshire Health & Social Care Partnership’ to share the following questionnaire with families.  Please see below a link directing you to the questionnaire for parents/carers or children/young people themselves to complete to help inform child healthy weight services (for 2-18 years of age) across Grampian.

<https://forms.office.com/Pages/ResponsePage.aspx?id=veDvEDCgykuAnLXmdF5Jmtfn9FTB2J5MobLf9kb4X5VUMUROQ1NKRU9NVUlXQjRDME9YUU1XT1Q1Ry4u>

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|  | [Fill | Child Healthy Weight Services in Grampian](https://forms.office.com/Pages/ResponsePage.aspx?id=veDvEDCgykuAnLXmdF5Jmtfn9FTB2J5MobLf9kb4X5VUMUROQ1NKRU9NVUlXQjRDME9YUU1XT1Q1Ry4u)  We are currently developing a new family-based healthy lifestyle service that offers support to help your child get active, eat well and work towards a healthy weight. A range of topics will be covered including healthy eating, physical activity and behaviour change. The programme would run throughout Grampian and we are seeking the views of local families to help shape what the service could look like. Thank you for taking the time to answer this questionnaire. It should take around 10 minutes to complete and all responses will be treated anonymously.  forms.office.com |

Have a lovely weekend!

Take care.

Kindest regards

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Aberdeenshire Council Education and Children’s Services



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