

# St Gabriel's C.E. Primary School

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Pimlico, London

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City of Westminster LA

Diocese of London

Headteacher: Rebecca Anson

Website: [www.stgabrielsprimary.co.uk](http://www.stgabrielsprimary.co.uk)

Email: [office@stgabrielsprimary.co.uk](mailto:office@stgabrielsprimary.co.uk)

Monday 4<sup>th</sup> May 2020

Dear Parents/Carers,

I hope that all of our families are continuing to stay well in these challenging times.

On Monday 20<sup>th</sup> and Tuesday 21<sup>st</sup> April, Mr Nunn, Miss Bell and I phoned all of our families. We managed to speak to most of our families, or you may have received a message from us if we couldn't get hold of you. It was lovely catching up with so many of our families and we look forward to speaking to you again soon!

## **Schools Continue to Remain Closed Until Further Notice**

We continue to closely follow government guidance and are awaiting the government's announcements on Thursday, when the 3 week lockdown and social distancing extension is scheduled to be reviewed. St Gabriel's therefore will continue to remain closed until further notice. We will notify parents as to any change as soon as we are able.

As ever, if you need to get in touch with school or have any pressing concerns that we can help or support you with in any way, please do leave a message on the school answer phone (Option 1) and we will get back to you as soon as possible. Or alternatively email [office@stgabrielsprimary.co.uk](mailto:office@stgabrielsprimary.co.uk).

These are obviously unusual, challenging and often stressful times, if you need support or just to talk to someone there are many organisations out there that can help. Christy Reynolds, our family therapist from the Anna Freud centre has offered to give telephone support to families. If you think this is a service that could help you, please contact school and I am more than happy to arrange this for you.

Information has come through from a variety of different organisations offering support. Please see the following contact details:



|   |  |  |
|---|--|--|
| <a href="#">Westminster Housing</a><br>(for council properties)           | 0800 358 3783.   |  |
| <a href="#">Angelou Partnership</a><br>(support from domestic abuse)      | 0808 801 0660<br>Monday to Friday: 10am - 4pm<br>Wednesdays: 6pm - 9pm<br>Translators available  | 0208 741 7008<br>Mondays to Fridays: 10am – 6pm<br>Thurs 10am – 9pm<br>Translators available |
| <a href="#">Women's Aid:</a>  | Where telephone support is not safe, Women's Aid have an online service to support you. This includes an instant messaging service (Mon–Fri, 10am–12pm), email support (response within 5 days), a survivor's handbook (to get help on housing, safety planning, dealing with police and more) and a community of survivor's forum.<br><a href="https://www.womensaid.org.uk/information-support/">https://www.womensaid.org.uk/information-support/</a> |  |
| <a href="#">Victim Support</a>  | 0808 168 9111  |  |
| <a href="#">Men's Advice Line</a><br>(Web chat service also available)    | 0808 801 0327<br>Mon and Weds, 9am–8pm; Tues, Thurs and Fri, 9am–5pm or <a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a>   |  |
| <a href="#">Samaritans</a>  | 116 123 (Available 24/7) or Text: 85258  |  |
| <a href="#">The Westminster Citizens' Advice Bureau</a>                   | Beethoven Community Centre, Third Avenue, London W10 4JL; Mon – 13.30 – 16.00. Tel: 0300 330 1191. <a href="https://www.westminstercab.org.uk/">https://www.westminstercab.org.uk/</a>   |  |
| <a href="#">The Cardinal Hume Centre</a>                                  | (Pimlico), Medway Street, London SW1P 2BG, Tel: 020 7227 1673<br><a href="https://www.cardinalhumecentre.org.uk/">https://www.cardinalhumecentre.org.uk/</a> (advice on many issues including foodbanks)   |  |
| <a href="#">St Vincent's Family Project</a>                               | Methodist Central Hall Storey's Gate, London, Tel: 020 7654 5352. <a href="https://www.svfp.org.uk/">https://www.svfp.org.uk/</a> (advice on many issues including foodbanks)  |  |
| <a href="#">Local Support Payments</a>                                    | Tel: 020 7745 6464. <a href="https://www.rbkc.gov.uk/advice-and-benefits/local-support-payments">https://www.rbkc.gov.uk/advice-and-benefits/local-support-payments</a> (for residents living in Hammersmith & Fulham, Kensington and Chelsea or Westminster)  |  |
| <a href="#">Bessborough Family Hub</a>                                    | 0207 641 5923 <a href="mailto:cdrakewilkes@westminster.gov.uk">cdrakewilkes@westminster.gov.uk</a> .   |  |
| <a href="#">Westminster City Council</a> (Westminster Connects programme) | A help line for anyone in need - a dedicated phone number for Westminster Connects is for individuals who may need help or for people who know of anyone in need of help as a result of COVID-19. Westminster Connects phone number: 020 7641 1222, available from 8am to 10pm seven days a week.  |  |

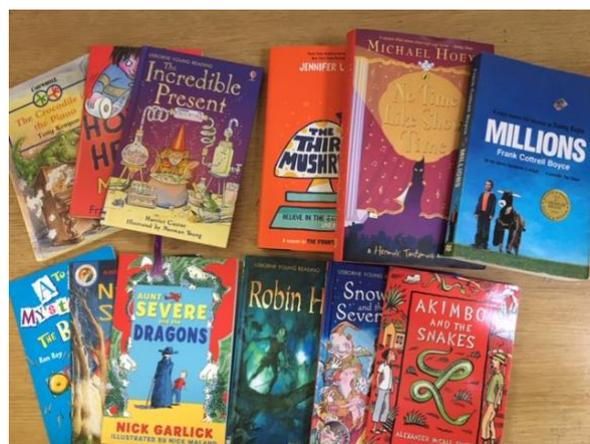
## Free Books

If you would like some books for your child to read, please do get in contact. We have had a delivery of books and are more than happy for parents to collect a book pack from school at a pre-arranged time.

## Activities for children on our website

On the 'School Closure' tab on our website, new work for each class continues to be added weekly. We completely understand the difficult and unique situation all families are finding themselves in. We would therefore encourage children to do what they can.

These activities are a suggestion, we understand under the present climate that it can be difficult to complete work at home with your child. We do not expect children or parents to replicate the classroom at home, we would just encourage children to do what they can. Work will not be marked by school. We also have lots of fun on line activities for children to have a go at.



If your child has created any work they are particularly proud of, for example, any poetry or models, or art, we would love to see them and possibly add to our twitter page. Please do take a photo and email to [office@stgabrielsprimary.co.uk](mailto:office@stgabrielsprimary.co.uk).

# Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:

|   |   |  |
|---|---|--|
|  <p><b>RED</b></p>     | <p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"><li>• Becomes pale, mottled and feels abnormally cold to the touch</li><li>• Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts <b>grunting</b></li><li>• Severe difficulty in breathing becoming agitated or unresponsive</li><li>• Is going blue round the lips</li><li>• Has a fit/seizure</li><li>• Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive</li><li>• Develops a rash that does not disappear with pressure (the 'Glass test')</li><li>• Has testicular pain, especially in teenage boys</li></ul>  | <p><b>You need urgent help:</b></p> <p>Go to the nearest A&amp;E department or phone 999</p>   |
|  <p><b>AMBER</b></p>  | <p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"><li>• Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (<b>recession</b>) or <b>head bobbing</b></li><li>• Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)</li><li>• Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down</li><li>• Has extreme shivering or complains of muscle pain</li><li>• Babies under 3 months of age with a temperature above 38°C / 100.4°F</li><li>• Infants 3-6 months of age with a temperature above 39°C / 102.2°F</li><li>• For all infants and children with a fever above 38°C for more than 5 days.</li><li>• Is getting worse or if you are worried</li><li>• Has persistent vomiting and/or persistent severe abdominal pain</li><li>• Has blood in their poo or wee</li><li>• Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness</li></ul> | <p><b>You need to contact a doctor or nurse today.</b></p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&amp;E</p> |
|  <p><b>GREEN</b></p> | <p><b>If none of the above features are present</b></p> <ul style="list-style-type: none"><li>• You can continue to provide your child care at home. Information is also available on NHS Choices</li><li>• Additional <b>advice</b> is available to families for coping with crying of well babies </li><li>• Additional <b>advice</b> is available for children with complex health needs and disabilities.</li></ul>  | <p><b>Self care</b></p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111</p>  |



# Free School Meals National Voucher Scheme

## FAQs and Tips

In response to school closures due to coronavirus, the Department for Education has rolled out the Free School Meals national voucher scheme to ensure children continue to have access to free school meals. Schools can now provide every eligible child with a weekly shopping voucher worth £15 to spend at supermarkets whilst schools are closed.

### How do I claim my voucher?

An eCode will be sent directly to you from the school, and you can use this to choose an eGift card from a range of supermarkets. Alternatively, the school can choose a supermarket on your behalf and print and post the eGift card to you if you do not have access to an email account.

### How to use voucher?

Once you have your voucher, you can redeem it in store by either presenting the voucher on a smartphone or tablet or presenting a paper copy of the voucher.

### Where can I spend my vouchers?

You can currently spend your vouchers at the following supermarkets:



### How best to spend the voucher?

Bite Back has put together a simple shopping list in collaboration with School Food Matters with some ideas for balanced meals and [how to make your voucher go further on the Bite Back website](#).

I hope all of our families and staff continue to stay safe,

Best wishes

Rebecca Anson  
Headteacher