



The Federation of
Skelton Newby Hall
and
Sharow
CE Primary Schools

 We promise to flourish together 

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Headteacher: Mrs J Palmer

4th January 2021

Dear Parents and Carers,

I hope very much that you had a restful and enjoyable Christmas despite it being very different from usual.

We are pleased to confirm that we are able to return to school from Tuesday 5th January 2021 and are very much looking forward to seeing you all.

To keep everyone safe we continue to implement the risk assessment, based on the most up to date guidance, which can be found on the website. Please be reminded that if you or anyone in your household is exhibiting symptoms then you should remain at home.

Symptoms of coronavirus

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

Main symptoms

The main symptoms of coronavirus are:

- **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

Most people with coronavirus have at least 1 of these symptoms.



What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. You and anyone you live with should stay at home and not have visitors until you get your test result – only leave your home to have a test.

Anyone in your support bubble should also stay at home if you have been in close contact with them since your symptoms started or during the 48 hours before they started.

Symptoms of coronavirus (COVID-19) - NHS (www.nhs.uk)

Handwashing

Handwashing continues to be a high priority in school. Because of the increased regularity we are aware that some children find this is affecting their skin. It is the removal of the skin's natural oils/barrier that causes the dry, sore, cracked skin and so replacing this barrier with a hand cream/moisturiser after washing and drying thoroughly can help.

We have been advised that children without a medical need should be using the soap provided by the school and that if necessary, an emollient from home can be provided. Please see the attached documents. If your child has a medical need to use a specific soap, please contact the school office providing details.

Class 1

Unfortunately, Miss Coventry is not able to be in school at the start of the week and so Mrs Fortune will be teaching Class 1. The children already know her as she is with them every Tuesday morning and I am sure they will have a wonderful time.

Class 2 and 3

Unfortunately, Mr Brook is not able to be in school this week and so Class 2 and 3 will work together in the hall. They will be lucky enough to be taught by Mrs Snodgrass with the support of Mrs Broadbent.

Class 5

Unfortunately, Miss Tye is still unable to be back at school for the start of term. Fortunately, Miss Van Zijl will continue to teach in Class 5. This will ensure that the great progress made last term is continued.

Yours sincerely

Mrs Jacqui Palmer
Executive Headteacher



Parent/Guardian Information Leaflet – Emollients – October 2020

Handwashing to prevent Covid-19

The official advice is clear: wash hands thoroughly and wash them often to reduce the risk of the viral spread of Covid-19 – hands, face, space. Soap is a detergent, it bonds with oils and allows them to be washed away, leaving the skin clean. Using handwash breaks down the structure that encloses viral particles, deactivating the virus. However, the reason hot water and soap are so effective against microbes is the same reason they're not great for the skin. Frequent hand washing breaks down the skin's barrier function and can result in dry, sore, cracked skin on the hands.

When the skin damage is due to direct damage to the skin caused by contact with soaps/detergents and repeated contact with water it is called **irritant contact dermatitis**.

If the irritant (soap and water) is removed, i.e. no longer used the skin on the hands will heal. However, as the Covid-19 guidance is for us all to have enhanced hand hygiene and wash our hands more frequently, this is not possible.

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Emollients (moisturisers)

Emollients are moisturising treatments applied directly to the skin to soothe and hydrate it. They cover the skin with a protective film to trap in moisture.

It should be noted that emollients are not classed as medicines, and as such, schools should not consider them as part of the 'Medicines in schools' policy. Emollients (moisturisers), when used for dry, irritated skin on hands due to enhanced hand hygiene measures do not need to be prescribed by a doctor/General Practice. Emollients are readily available, to purchase, in supermarkets and community pharmacies.

Emollient (moisturiser) products

There are many types of emollients – lotions, creams, sprays, gels, ointments and many different brands within each type of emollient.

For frequent day time use, creams are considered the most appropriate, as they are non-greasy and absorbed quickly. The table below shows some examples of suitable products that can be purchased from supermarkets/pharmacies.

Please note this list is not exhaustive, they are just suggestions for suitable products. Your local community pharmacy can provide advice regarding other suitable emollients for irritant contact dermatitis.

Table: Examples of suitable emollient products

The following products are examples of suitable products that be purchased from a supermarket:	The following products are examples of suitable products that be purchased from a community pharmacy:
E45® Daily hand cream – 50ml Aveeno® Daily Moisturising Hand Cream 75ml Oilatum® cream 150g Neutrogena® Norwegian Formula Dermatological Cream - 100 ml	Diprobase® 50g tube Epaderm® cream 50g and 150g Epimax® 100g Hydromol® 50g and 100g Oilatum® 150g Cetraben® 150g

There is no evidence to support the use of one emollient over another therefore selection is based on the known physiological properties of emollients, patient acceptability, dryness of the skin and areas of the skin involved.

Avoid 'cosmetic' style moisturisers because they contain scents and other ingredients that may cause further skin irritation.

Sometimes emollients can cause further irritation the skin and this is likely to be due to the excipients in the emollient, as some excipients are associated with skin sensitisation. The local community pharmacy will be able to advise regarding the excipients in emollient products so they can be avoided if necessary. It is recommended that parents/guardians have a trial use of the emollient with the child over the weekend, to check it is suitable, before sending the product to school with the child.

If a child requires an emollient we would advise that their parent/guardian buys them a small tube to bring to school, 50g - 150g size would be appropriate. Tubes of emollient are preferable to pots/tubs of emollient, as tubs/pots carry the risk of being contaminated and the risk of infection associated with the contamination. Tub/pots require the use of a spatula or clean spoon to take the product out of the tub/pot and hence are more appropriate for the home setting.

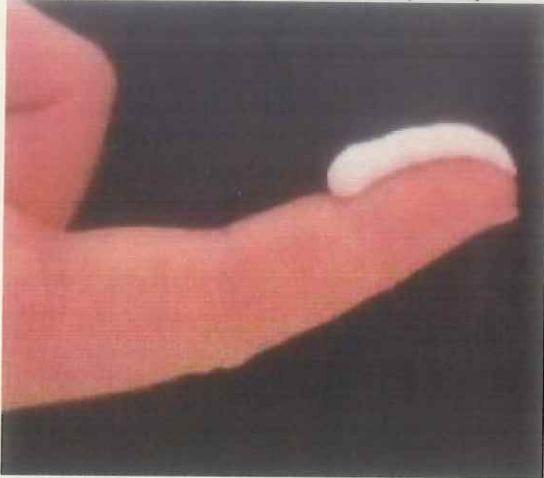
Using emollients

Emollients can be applied as often as required to keep the skin well moisturised and in good condition. Emollients are very safe and cannot be overused. Ideally, they should be applied after every handwash, as this is when the skin most needs moisture

but practically, if they are applied 3-4 times per day and as frequently as possible after handwashing, it will help to prevent dry, irritated skin.

Enough emollient should be applied so that the hands do not feel dry after application. The amount of emollient needed is relative to the size of the child's hands. The term used is 'fingertip units' which is the amount of cream that can be squeezed from a standard size tube nozzle (5mm diameter) from the first skin-crease of the child's index finger to the tip – see diagram. For both hands, it is recommended that 4-7 fingertip units are used for each application of emollient. Applying excessive emollient is not harmful but it may not be absorbed by the skin and cause 'greasy' hands.

Diagram of fingertip units (FTU):



For more information on how much emollient to use - <https://helloskin.co.uk/blogs/news/are-you-using-enough-emollient>

Handwashing and using emollients

- Wash thoroughly for at least 20 seconds
- Lather every surface of both hands
- Use an unscented hand wash or soap if possible
- Use warm - not too hot, not too cold – water
- Dry hands carefully but thoroughly afterwards - don't leave them to air dry!
- Pat dry with a paper towel, rather than rub with rough cotton
- Apply an unscented, oil-based emollient, as detailed above, within three minutes of drying your hands.
- Emollients should be applied directly to the skin.
- The emollient should be applied as soon as the skin is dry, after handwashing, to make sure it's properly absorbed.

Using emollients as soap substitutes

Sometimes it is recommended that emollients are used as a soap substitute, i.e. instead of handwash. Please note that to prevent the spread of Covid-19 it is recommended that if you have eczema or dry skin you should still wash your hands in line with government guidance, with soap and water, not an emollient as a soap substitute.

Flammable risk

Parents/guardians/children are advised to take care when using creams to treat dry skin conditions as they can easily dry onto clothing, bedding and bandages making them more flammable.

Some emollients, when dried on to fabric, can create a highly flammable combination that can cause serious injury and death. When applied to the skin emollient products are easily transferred from the skin on to clothing, bedding and bandages. When fabric with dried-on emollient encounters a naked flame, the resulting fire burns quickly and intensely and can result in serious injury or death. The risk increases with every application of the product as it transfers, dries, and builds up on the fabric. Some product remains even when the items are washed, so it is important to minimise the risk in additional ways, such as removing long-sleeved or loose clothing before cooking or using a safety lighter.

The products alone are not flammable, nor are they flammable when on the body.

The labelling and product information for emollient products should include a warning about the fire hazard, with clear advice not to smoke or go near naked flames.

For more information parents/guardians can visit the Gov.UK website: <https://www.gov.uk/guidance/safe-use-of-emollient-skin-creams-to-treat-dry-skin-conditions>

Chronic/long-term skin conditions

This information/advice is only related to when an emollient/cream is needed for irritant contact dermatitis, related to frequent handwashing. This information does not refer to chronic long-term skin conditions, for example, atopic eczema, where the child will need to use large amounts of emollients and may be prescribed steroids to manage their condition. These conditions may require prescribed products and as such will be managed by the child's GP.

Severe hand dermatitis

If the child has severe hand dermatitis or suspect an infection (for example, the skin is oozing) OR it is not resolving with frequent use of emollients they may need further

advice from a healthcare professional - community pharmacists can provide further advice, including if the child needs to be seen by their GP.

Taking emollients into school

Emollients are not medicines, and as such, do not need to be prescribed. Please do not ask your family doctor to prescribe an emollient for use in school, please purchase an emollient from a supermarket or pharmacy, as detailed above.

Please ensure you provide your child with an emollient that is in a small tube, 50g-150g size.

Please label the tube with your child's name.

Your child will be asked to keep their emollient in their tray/drawer or similar at school. Older children will be able to keep their emollient in their school bag.

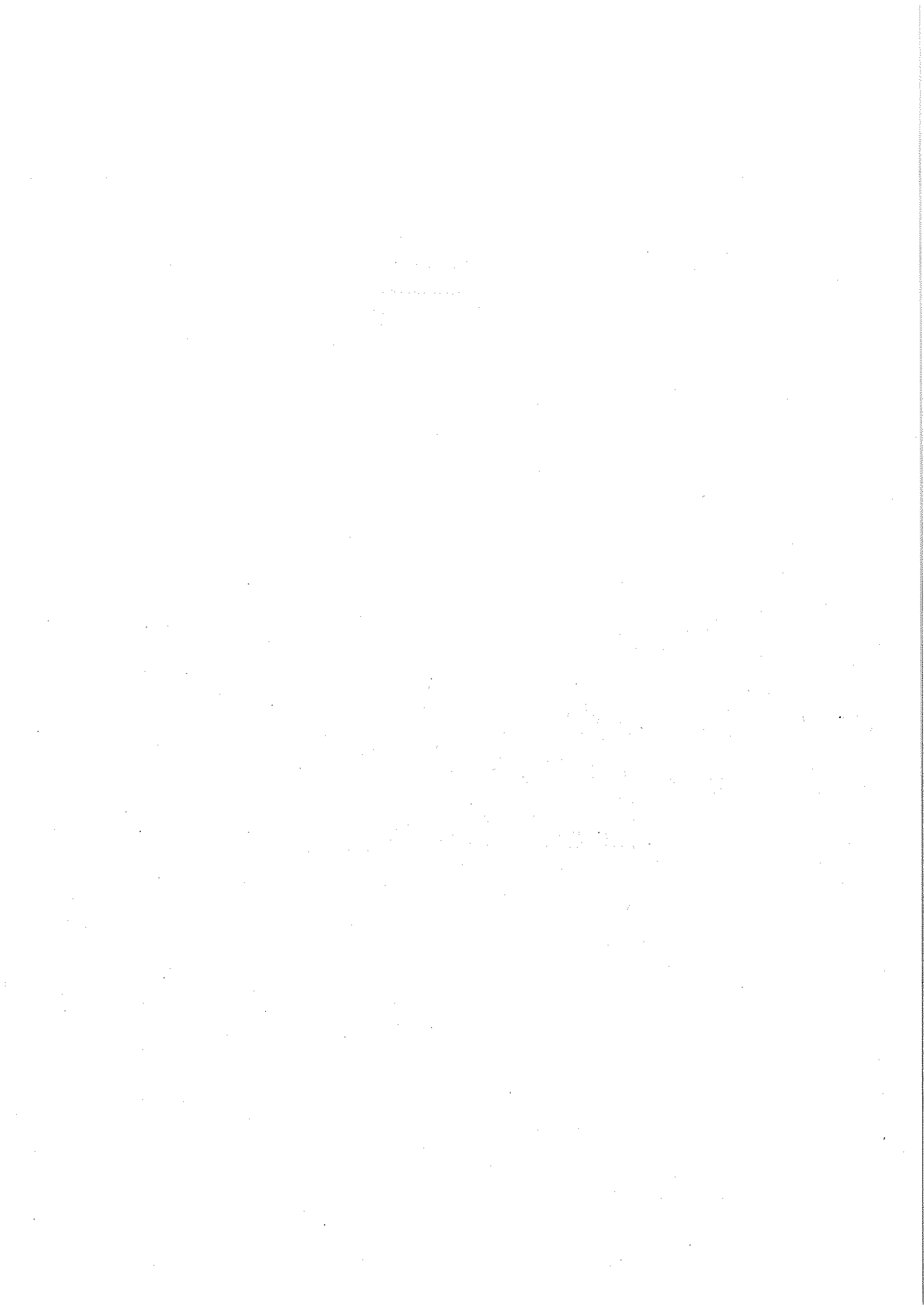
Where appropriate, children will be expected to apply their emollient to their own hands after handwashing. Children should be advised to use a 'sensible' amount of emollient. Too little and the emollient won't help to soothe dry, irritated skin and too much and the emollient won't sink into the skin readily and cause greasy hands. See above for advice on quantities.

Ask your child to practice applying emollient at home before sending an emollient to school with your child.

If the child needs help applying the emollient, for example very young children, a member of the school staff will be able to help your child to apply their emollient. Please discuss this with the school.

You will be asked to sign a consent form from school to consent to your child applying their emollient in school.

Your child will be expected to look after their emollient and use it sensibly in school. They should not share their emollient product with other children. The school will confiscate the emollient from the child if it is used inappropriately, for example, squirted at another child.



Consent Form For Use of Emollients in School

This form must be completed by the parent before the request can be considered

Name of Provision

Child's/Young Person's Details

Name.....	DoB
Address	
Parent/carer name and contact	

Details of Emollient

Emollient name and tube size.....

Extra Support

My child will need extra support from staff in applying the emollient – please tick	
Yes <input type="checkbox"/>	No <input type="checkbox"/>

Parental Request and Statement of Agreement

I (printed name of parent/carer)	
1.	consent for my child to bring in an emollient (moisturiser) to school to use when at school
2.	agree to consent for my child to apply the emollient, as frequently as possible after handwashing
3.	agree to send a suitable product, in a tube of 50g-150g in size, in line with parent/guardian information leaflet
4.	agree to label the emollient product with my child's name
5.	agree to teach my child how to use their emollient appropriately and sensibly
6.	agree the school may confiscate my child's emollient if it is used inappropriately. The school will discuss this matter with parents/guardians when this occurs
Signature of parent/carerDate:.....	

By signing this form you agree to all the above statements regarding emollient use in school for your child

Provision Statement of Consent

The Federation of Skelton Newby Hall and Sharow CE Primary Schools agrees to allow
(Name of child/young person)..... to use emollients in school

Name of Headteacher (please print) Mrs Jacqui Palmer

Signature of Headteacher Date.....

NYCC- North Yorkshire Catering – Spring 2021 – Menu

	WEEK 1 Served w/c 4 th Jan, 25 th Jan, 22 nd Feb, 15 th March	WEEK 2 Served w/c 11 th Jan, 1 st Feb, 1 st March, 22 nd March	WEEK 3 Served w/c 18 th Jan, 8 th Feb, 8 th March
M O N D A Y	Cheese & Tomato Pizza Diced Potatoes Peas & Sweetcorn Pitta Bread **** Apple Sponge Fresh Fruit or Fruit Yoghurt	Minced Beef Hot Pot Broccoli & Sweetcorn Herbie Bread ***** Crackers & Cheese Fresh Fruit or Fruit Yoghurt	Chicken Korma & Rice Cauliflower & Green Beans Naan Bread ***** Fresh Fruit or Fruit Yoghurt
T U E S D A Y	Tuna & Sweetcorn Pasta Bake Carrots & Broccoli Garlic Bread ***** Fresh Fruit or Fruit Yoghurt	Macaroni Cheese Peas & Carrots Naan Bread **** Flapjack or Fruit Yoghurt	Sausage, Mash & Onion Gravy Carrots & Broccoli 50/50 Bread **** Oat Cookie & Apple Fresh Fruit or Fruit Yoghurt
W E D N E S D A Y	Pork & Apple Plait ½ Jacket Potato Medley of Vegetables Wholemeal Bread **** Cheese & Crackers with Apple Fresh Fruit or Fruit Yoghurt	Roast Chicken with Sage & Onion Stuffing Roast Potatoes Green Beans & Cauliflower Wholemeal Bread ***** Fresh Fruit or Fruit Yoghurt	Mince Beef & Dumplings with Creamy Mash Carrots & Peas Sliced Wholemeal Bread ***** Fresh Fruit or Fruit Yoghurt
T H U R S D A Y	Spaghetti Bolognese Crunchy Veg Sticks 50/50 Bread ***** Fruity Gingerbread Fresh Fruit or Fruit Yoghurt	Pork Meatballs in Tomato Sauce & Pasta Chipped Potatoes Spring Cabbage & Sweetcorn Apricot & Seed Bread *** Raspberry Bun & Cheese Fresh Fruit or Fruit Yoghurt	Creamy Chicken & Broccoli Pasta Green Beans & Sweetcorn Crusty Bread ***** Shortbread Fresh Fruit or Fruit Yoghurt
F R I D A Y	Harry Ramsdens Battered Fish Chipped Potatoes Green Beans & Sweetcorn Sunflower Seed Bread ***** Date & Oat Squares Fresh Fruit or Fruit Yoghurt	Crunchy Fish Nibbles Potato Wedges Broccoli & Carrots H/M 50/50 Bread ***** Chocolate Mandarin Muffin Fresh Fruit or Fruit Yoghurt	Fish Fingers Baked Beans Peas Chipped Potatoes Tomato Bread **** Banana Sponge Fresh Fruit or Fruit Yoghurt

Jacket Potato options with either beans, cheese or tuna
Sandwich options with either cheese, ham or tuna

Very occasionally due to circumstances beyond our control it may be necessary to change the menu

