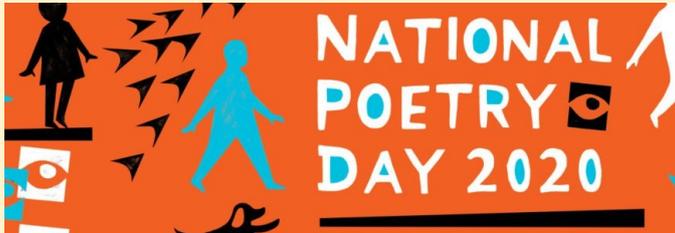




Saine Weekly

Volume 28 • Issue 3 • Friday 2nd October 2020



In honour of yesterday, 1st October, being National Poetry Day, this week we have included this beautiful reflection by Max Ehrmann, with thanks to Mrs Duncan.

Desiderata

GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.



This week we received the following update to Coronavirus (Covid-19) guidance from the Education Restart Programme

Education Restart – Update to Coronavirus (COVID-19) : Guidance for Schools and Educational Settings in Northern Ireland

From: Education Restart Programme
To: All Schools, Education Sector Partners
Date: 29 September 2020

Dear Colleague

COVID-19 TESTING

PHA have asked us to emphasise to schools that pupils and staff must only be advised to seek a COVID-19 test when they are symptomatic of the virus – that is a new continuous cough, a fever or a new loss of taste and/or smell. Early evidence from the Contact Tracing Service is that available testing capacity is being utilised to test many children and school staff who are showing no symptoms and in doing so make it more challenging for genuinely symptomatic individuals to access a test.

Tests must only be recommended for a staff member or pupil where they are clearly symptomatic or where PHA specifically recommend a test for any reason.

Update to Coronavirus (COVID-19) : Guidance for Schools and Educational Settings in Northern Ireland

On Thursday 24 September, schools were provided with updated guidance on managing the impact of COVID-19 within schools.

Subsequently as you have been advised, an issue was brought to our attention by school leaders in relation to the practical implications of several paragraphs in Section 8 of the revised guidance. These paragraphs had advised that schools operating classes in bubbles would need to protectively self-isolate whenever a class member became symptomatic. In practical terms this would have meant that anytime a child got COVID-19 symptoms, for most primary schools and many post primary schools, the entire bubble would have been sent home.

We have worked closely with the Public Health Agency who lead on public health advice to rectify the issue. PHA has advised the correct position is that only when a positive case has been identified in a symptomatic child, young person or member of staff do schools need to consider self-isolating close contacts of that individual. Close contacts must stay in isolation for the full 14 day period. They should not return to school before the 14 day isolation period as they may still be incubating the virus – regardless of a lack of symptoms.

An updated version of the guidance is attached [here](#) and has been published on the Department's website.

Regards

Education Restart Programme

IMPORTANT NOTICE

At the moment we have a number of pupils in school who are highly sensitive to nuts in particular peanuts, exposure or ingestion of nuts can cause very serious health problems for some students therefore we would very much appreciate if pupils **refrain from bringing nuts or nut products i.e. peanut bars, sweets, into school**, and to remain diligent if any of their friends suffer from nut allergies.

If pupils are travelling on school trips, we request that they refrain from bringing any form of nut or nut products on the trip, to ensure the safety of their friends.



QR Code for Canteen Salad Bar Pre-Orders

(Scan QR Code on your mobile or download app from Play Store)



Orders must be submitted before
10.50am Each Day

Covid-19 Positive Test Number

In the event that you would test positive for Covid-19 after school office times or at the weekend, please use this number to inform the school as soon as possible. Please note this should only be used to report a positive Covid-19 test result outside the normal school hours.

07518979615



SENIOR PRIZE GIVING 2020

We would like to congratulate all our students who received their GCSE, AS and A-Level results in August.

Due to the Covid restrictions we are unable to hold our Prizegiving Event at this time. We will keep this situation under review and we will contact you with arrangements for our Senior Prize Giving Event in due course.

Office Opening Times

8.30am - 9.00am

10.35am - 10.50am (KS3 pupils)

10.05am - 10.20am (KS4 pupils)

10.20am - 10.35am (Post 16 pupils)

3.30pm - 3.45pm