



The Friday Flyer John Bunyan Primary School & Nursery



Friday 22nd January, 2021

Dear families

I had so hoped that my second flyer of 2021 would have seen the COVID situation improving but it is clear that the situation remains grave. This week I have spoken to many members of our community who have COVID or who are isolating, we send them best wishes for a speedy recovery. Unfortunately several members of our community have lost loved ones, our thoughts are with you.

It is fabulous seeing so many children online every morning and afternoon talking with their teachers and there has been some fabulous work posted. We thank you immensely for all your support; we know home schooling is very, very challenging and as I said before we can all only do our best.

Keep safe.

Mrs Bailey



Are you concerned about child's safety on the internet and would like advice and support on how to keep them safe?

**The Essex Child and Family Wellbeing Service presents
Virtual eSafety Parent Workshops with**



eSafetyTraining
'The 2 Johns'

Thursday 28th January 2021 3:30pm-5:00pm

or

Thursday 4th February 2021 starting at 8.00pm-9:30pm

These free parent's workshops will look at the online world and how our young people are using it. How they are navigating around restrictions and using the internet without the parent's knowledge.

This includes :

- Favourite apps and games.
- Dangers they face
- How young people are being influenced online
- Solutions that parents can adopt to help keep their children safe.
- Stranger Danger message that parents are familiar with and make it ready for 2021



To book your place now please call us on **0300 247 0014**

Monday – Friday 9am-5pm

Services commissioned by:

www.essexfamilywellbeing.co.uk





HOW TO TREAT CORONAVIRUS SYMPTOMS AT HOME

TEMPERATURE



- ✓ **Get lots of rest.**



- ✓ **Drink plenty of fluids** (water is best) to avoid dehydration - drink enough so your pee is light yellow and clear.



- ✓ **Take paracetamol or ibuprofen** if you feel uncomfortable.

COUGH



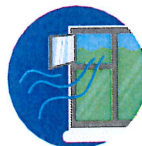
- ✓ **Lie on your side or sit upright instead.**
Avoid lying on your back.



- ✓ **Try having a teaspoon of honey** to help ease a cough. But do not give honey to babies under 12 months.

If this does not help, ask a non-isolating friend or family member to seek advice from a pharmacist on your behalf.

BREATHLESS



- ✓ **Keep your room cool.**
Try turning the heating down or opening a window.
DO NOT use a fan as it may spread the virus.



- ✓ **Try breathing slowly in through your nose** and out through your mouth, with your lips together.



- ✓ **Sit upright** in a chair relaxing your shoulders.



- ✓ **Lean forward slightly** - support yourself by putting your hands on your knees or on something stable like a chair.

Try to stay calm if you're feeling breathless. Anxiety can make it worse.

Call 999 for an ambulance if you or someone you care for:

- are struggling to breathe
- are coughing up blood
- have blue lips or a blue face
- feel cold and sweaty, with pale or blotchy skin
- have a rash that does not fade when you roll a glass over it
- collapse or faint
- become confused or very drowsy
- have stopped peeing or are peeing much less than usual

Tell the operator you might have coronavirus symptoms.

DO NOT GO TO A PHARMACY

If you or someone you live with has coronavirus symptoms, you must all stay at home.

If you're concerned about your symptoms and need medical advice, **use the NHS 111 online coronavirus service.**

GETTING HELP WHILE YOU'RE STAYING AT HOME

The Essex Wellbeing Service can help you while you have to stay at home (self-isolate).

Call 0300 303 9988 8am to 7pm (Mon to Friday), 10am to 2pm (Weekends)