



## One Month Anniversary!

Already we are in September and the week ahead will mark the first month anniversary since reopening school buildings! Much has happened in the last month and continues to happen in school as we deliver a high quality education to learners in a safe school environment. I am pleased to send you our latest 'Parent and Carer Update' that contains further information for you to know and discuss with your child(ren). The attitude of young people to the changes we have put in place for the health and safety of themselves and school staff continues to be excellent and, once again, on behalf of all the staff at Lochside Academy, "thank you" to all our young people, parents and carers for ensuring that Lochside Academy continues to operate well to keep everybody safe whilst delivering a high quality education to learners.

*Neil Hendry, Head Teacher*

## Face Covering Update

Following Scottish Government rules and having to introduce the wearing of face coverings in secondary schools on Monday 31<sup>st</sup> August, we are grateful to all parents and carers for ensuring that your child(ren) attend school and enter the building wearing a face covering. The number of young people attending school without a face covering has been very, very small and this has made the safe and orderly introduction of this new rule very easy – so thank you for your assistance with this: As a reminder, face coverings must be worn:

- on all school and public transport to and from school;
- entering and leaving the school and moving around in the corridors to get to classes;
- queuing in the canteen area at break and lunchtime, but not whilst eating.

## What to do if your child is sent home with Covid-19 symptoms

If your child has been identified as displaying Covid-19 symptoms, the following checklist will be helpful to guide you through what you should do as a parent or carer before your child can return to school:

1.  Please book a test for your child as soon as possible by completing the form on the [nhsinform.scot](https://nhsinform.scot) website or by contacting 0800 0028 2816.
2.  It is important that all your household self-isolate immediately and continue to self-isolate whilst waiting for the result of the test.
3.  The school will contact you to check how your child is and to confirm that you have booked a test.
4.  Once you receive the result of the test please forward a copy of the email to [LochsideAcademy@aberdeencity.gov.uk](mailto:LochsideAcademy@aberdeencity.gov.uk)
5.  If your child's COVID test is negative your child(ren) can return to school provided they are feeling better and have not had a high temperature in 48 hours without the need for medication to control fever.
6.  If your child's COVID test is positive, please inform the school immediately. The local contact tracing team will get in touch to identify people who have been in close physical contact with your child. Those identified will be required to self-isolate for 14 days as they may have been infected.

## Reminder about dropping off & picking up children

Reminder that parents and carers are not permitted in the school building, school grounds or staff car park without prior agreement. Parents and carers who drop off their child(ren) must avoid driving onto the school estate. As a consequence, children being dropped off or picked up must take place at the roundabout beside Ikea as you approach the school estate (see photo below). Your cooperation with this will be greatly appreciated and ensures that school staff can be assigned to other roles in school instead of monitoring a gate. Having said that, thank you to the vast majority of parents and carers that have been cooperating with this rule and your positive response to this necessary change.



## Speaking to a member of school staff

If a parent / carer wishes to talk to a member of school staff, they should telephone the school office in the first instance (01224 241720) and must avoid coming into the school building to request or arrange such a meeting.

## September Holiday Weekend

**Friday 25<sup>th</sup> September – Monday 28<sup>th</sup> September**

We are fast approaching the Aberdeen September Holiday weekend and all Aberdeen schools, including Lochside Academy, will be closed on Friday 25<sup>th</sup> September and Monday 28<sup>th</sup> September. Hopefully the weather over this long weekend will be good and enable everybody to have an enjoyable weekend.

## Safe Cycling to and from school

It is always good to see our bicycle shelters full of bicycles indicating that a number of young people enjoy cycling to and from school. Cycling to school brings so many positive benefits for young people to keep them fit and healthy, reduces stress, improves productivity and supports mental wellbeing.

Parents and carers of young people cycling to school must, however, be aware that we are concerned about how a number of young people conduct themselves as cyclists with regard to not wearing cycling helmets and safe cycling on roads. With that in mind, we encourage any parent or carer to speak to their child(ren) about safe cycling on the road. You will find some key points below for sharing with your child(ren) including a link to a document on the website of Cycling Scotland entitled “**Essential Cycling Skills Quick Guide**”: <https://www.cycling.scot/mediaLibrary/other/english/7585.pdf>

### Key points to note for safe cycling on the road:

1. Wear a fitted helmet;
2. Avoid riding up the inside of large vehicles, like lorries or buses, where you might not be seen;
3. Plan your route and understand how it might be affected by weather and rush hour traffic;
4. Familiarise yourself with the Highway Code and the key road signs some of which can be found at the back of this guide;
5. Consider your road position – the primary position is the default position. Stay clear of the kerb and the door zone;
6. Ride assertively – this will give other road users confidence around you;
7. Be consistent – look and signal to show other road users what you plan to do;
8. Make eye contact where possible so you know those around you have seen you;
9. Always use lights after dark – this is a legal requirement;
10. More time and space is needed to judge speed and distance when cycling on roads with a speed limit above 30mph;
11. When riding on rural roads, use passing places to allow faster vehicles behind to overtake and to allow vehicles coming towards you to keep moving.