



# WEEKLY NEWSLETTER

26th November 2020

Dear Parents and Carers,

I hope you are also looking forward to the long weekend and particularly the idea of a good night's sleep. The British Medical Journal published an [article](#) that investigated the link between sleep deprivation and the perception of health and attractiveness and the conclusion was:

*“that sleep deprived people appear less healthy, less attractive, and more tired compared with when they are well rested. This suggests that humans are sensitive to sleep related facial cues, with potential implications for social and clinical judgments and behaviour. Studies are warranted for understanding how these effects may affect clinical decision making and can add knowledge with direct implications in a medical context.”*

The Teen Sleep Hub claims that 68% of British teenagers do not get enough sleep on school nights. The NHS recommends that teenagers get a minimum of eight to nine hours of sleep on school nights and judging from the times that some of our girls are sending emails, then many of our WGS girls are sleep deprived. We have now published information packs for parents and teenagers to give simple guides to better sleep, which in turn improves concentration levels, mental health and better skin so please do have a look: <https://www.watfordgrammarschoolforgirls.org.uk/school-life/pastoral-care-and-wellbeing/>

## COVID Symptom Study App for Schools

WGS has partnered with the COVID Symptom Study based at Kings College London. This will provide invaluable information for you, the school and the wider study of the virus. Please read the attached letter which includes a unique code that will link your information to the school.



## Remote Parents Evening

We have been very pleased by the response to the new remote parents' evenings that have taken place so far this term. On Thursday last week, Y11 parents booked 1,155 appointments with individual teachers and apart from the odd technical hitch, 98.2% were successfully attended. Thank you for the comments we have received so far, which indicate that this may be one change that remains once social distancing is no longer necessary.

## Parents Association Raffle

The PA would like to thank those of you that have already returned your XMAS raffle tickets. This year, they are collecting funds to enhance the IT infrastructure at the school. Please sell as many tickets as possible; if you require more, they can be obtained from the school office.

Returned envelopes should be deposited in the **school letter box** before school. One golden ticket has already been sold, and there are still six in circulation, the seller will receive a £20 voucher. Also, the form that sells the most tickets will win a pizza party sponsored by the PA. Currently 7E is in the lead, having sold £120 worth of tickets.

## Operation Encompass

You will be receiving a separate letter regarding our new link with this charity that helps the school to support girls who have been exposed to domestic violence.

<https://www.operationencompass.org/>

## Well Done and Congratulations

Well done to the 60 girls who took their LAMDA exams in October; 48 girls achieved a Pass with Distinction and 12 a Pass with Merit. This is particularly impressive considering that most of their lessons took place remotely and yet it has clearly not had an impact on their final performance. My thanks are due to the LAMDA teachers who persevered under difficult conditions.

## How are pupils identified for self-isolation?

A number of parents have asked us why their daughter has or has not been identified for self-isolation and so I thought it would be useful to share with you the guidance we follow. Close contacts are defined by NHS Test and Trace as follows:

- Face-to-face contact with someone less than one metre away - this will include times where you have worn a face covering or a face mask.
- Spending more than 15 minutes within two metres of someone.
- Travelling in a car or other small vehicle with someone (even on a short journey) or close to them on a plane.

The use of face masks and other forms of PPE does not exclude somebody from being considered a close contact, unless they are providing direct care with patients or residents in a health and care setting. Source: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

We therefore use the following methods to identify who has been a close contact of the student/member of staff:

- Seating plans from lessons and form time and in-class measuring used to determine who was within two metres of the affected person.
- Teacher feedback on whether there was additional movement around the class, e.g. for group work or in PE.
- Lists regarding LAMDA and Music lessons to identify any close contacts through this route.

- Affected person is asked how they travel to school and with whom.
- Affected person writes a list of all their 'normal' close contacts, e.g. their friendship group if a student.
- Affected person writes a list of all those they have had close contact with in the 48 hours prior to symptoms developing.

The final step enables us to pick up on any close contacts that would not be recorded elsewhere.

Best wishes,

Sylvia Tai