



*International, Inspiring, Incredible*

13 November 2020

**Newsletter**

Dear Parents

I hope you enjoyed a pleasant half term break last week and that you have enjoyed the extra time with your children this week. Thank you very much for your engagement with the home learning our teachers have provided in this unusual, although hopefully very helpful school closure. Your support with this is much appreciated and helps to provide the best education we can offer to our children, particularly during these times.

<b>Important Dates</b>	
Tue 17 <sup>th</sup> & Wed 18 <sup>th</sup> Nov	Virtual parent consultations
Fri 18 <sup>th</sup> Dec	School closes at 12:00
Monday 21 <sup>st</sup> Dec – Fri 1 Jan	Christmas holiday
Mon 4 <sup>th</sup> Jan	Inset day – school closed

We look forward immensely to welcoming your children back to school on Monday.



Our focus **Character Virtue** for November is:

**Be honest**

*Being truthful with ourselves and everyone so we grow, develop and understand.*

***Please support this message at home by celebrating and encouraging honesty in your children, as we will be doing at school.***

**Please continue to send in any messages of children showing the focus character virtue at home and we will celebrate this in school.**

**Parents Consultations**

Parent consultations will still be taking place Tuesday 17<sup>th</sup> and Wednesday 18<sup>th</sup> November 2020. Due to the current restrictions, we have arranged for these to be conducted by virtual means.



The online booking system has now closed but if you have been unable to book a slot and are still interested please call the School Office on 0032 65 44 5283 on Monday, 16th November (before 12 noon) and we will make the booking on your behalf. We will be unable to book anymore slots after this time.

Next week you will receive an invite via email to join the meeting. Our Virtual Parent Consultation User Guide – Microsoft Teams has already been disseminated via email. Please take time to review the document and if you have any questions or concerns please let us know. A copy of this document is also included as an attachment to the Newsletter email.

### **School Meals Winter Menu 2020/2021**

Please find attached the Winter school meal menu. This will commence Week 1, Thursday 12<sup>th</sup> November 2020.

### **Online Safety - Live Streaming Information**

I have also attached a Family Activity Sheet which gives useful information on live streaming.

Have a great weekend!

Mr J Niedzwiedzki

Headteacher

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>	Sausage Casserole Mashed Potatoes Peas and Carrot  Doughnuts Low Fat Yoghurt Fresh Fruit	Chicken Chow mein Egg fried Rice Stir fried Veg  Low Fat Yoghurt Fresh Fruit	Beef Stew and Dumplings Mashed Potatoes Broccoli and Cauliflower Mix  Vanilla Slice Low Fat Yoghurt Fresh Fruit	Pasta Carbonara Tossed Salad Garlic Bread  Low Fat Yoghurt Fresh Fruit	Grilled Salmon Sauté Potatoes Broccoli  Vanilla Sponge Low Fat Yoghurt Fresh Fruit
<b>WEEK 2</b>	BBQ Pork Steak Boiled Rice Sweet Corn  Muffins Low Fat Yoghurt Fresh Fruit	Lamb Meatballs Mashed Potatoes Trio of Veg  Low Fat Yoghurt Fresh Fruit	Homemade Chicken Kiev Oven Roasted Wedges Baked Beans  Fruit Jelly Low Fat Yoghurt Fresh Fruit	Homemade Sausage Rolls Sauté Potatoes Garden Peas Gravy  Low Fat Yoghurt Fresh Fruit	Fish Burger in a Bap Chipped Potatoes Baked Beans Tartare Sauce Chocolate Eclairs Low Fat Yoghurt Fresh Fruit
<b>WEEK 3</b>	Hot Dogs with Onions Chipped Potatoes Baked Beans  Fromage Fraits Low Fat Yoghurt Fresh Fruit	Homemade Chicken & Veg Pie Creamed Potatoes Roasted Mix Vegetables Gravy  Low Fat Yoghurt Fresh Fruit	Lasagne Garlic bread Tossed Salad  Chocolate Cream Pudding Low Fat Yoghurt Fresh Fruit	Shredded Beef Mexican Rice   Low Fat Yoghurt Fresh Fruit	Baked Cod Provençale Sauce Trio of Vegetable Sautéed Potatoes  Chocolate Sponge Low Fat Yoghurt Fresh Fruit
<b>WEEK 4</b>	Baked Ham Pasta Tossed Salad Garlic Bread  Apple Pie & Cream Low Fat Yoghurt Fresh Fruit	Braised Steak & Onions Mashed Potatoes Snap Peas  Low Fat Yoghurt Fresh Fruit	Fried Chicken Strip Lyonnaise Potatoes Baked Beans  Chocolate Waffles Low Fat Yoghurt Fresh Fruit	Cottage Pie Mixed Vegetable Gravy  Low Fat Yoghurt Fresh Fruit	Cod Fish Fingers Chipped Potatoes Mushy Peas  Steamed Fruit Pudding/Sauce Low Fat Yoghurt Fresh Fruit
<b>WEEK 5</b>	Beef Burger in Bap Baked Potato Wedges Baked Beans  Fairy Cake Low Fat Yoghurt Fresh Fruit	Sweet and Sour Chicken Balls Vegetable Chow Mein Prawn crackers  Low Fat Yoghurt Fresh Fruit	Homemade Meatballs Pasta Twists Garlic Bread  Vanilla Slice Low Fat Yoghurt Fresh Fruit	Garmon Steak Chipped Potatoes Baked Beans  Low Fat Yoghurt Fresh Fruit	Sole Meuniere Herb Buttered New Potatoes Garden Peas  Homemade Biscuits Low Fat Yoghurt Fresh Fruit
<b>WEEK 6</b>	Homemade Pizza Sautéed Potatoes Baked Beans  Black Forest Gateau Low Fat Yoghurt Fresh Fruit	Roast Beef + Yorkie Pudding Roasted Potatoes Garden Peas and Carrots /Gravy  Low Fat Yoghurt Fresh Fruit	Homemade Chicken Cordon bleu Noisette Potatoes Sweet Corn/ Gravy  Chocolate Profiteroles Low Fat Yoghurt Fresh Fruit	Baked Pasta Bolognese Mixed Salad Garlic Bread  Low Fat Yoghurt Fresh Fruit	Breaded Fish Cake Potatoes Wedges Baked Beans  Maple Syrup Crepes Low Fat Yoghurts Fresh Fruit

**SHAPE INTERNATIONAL SCHOOL  
SCHOOL BUS SECTION  
B-7010 SHAPE  
Tél : 065/44 40 13**

October 21st, 2020

**IMPORTANT COMMUNICATION – SCHOOL BUS SERVICE**  
**Possible route cancellation**

Dear parents, Dear students,

We are facing some organisational issues and shortage of resources that might oblige us to cancel a School Bus route or more at some point.

Therefore, we would like to ask you to check daily the status of your child(ren) school bus route before heading to the pick-up point.

This information will be made available and updated as often as needed on the following channels of communication :

- 1. Message sent out via SHAPE Notification page on facebook**
- 2. School Bus coordinators at 065/44.40.13 (weekdays from 07.30)**
- 3. School Bus Customer Help-Line Ext. 065/44-2000 + enter 6033 for the bus service (only from no-SHAPE lines or mobiles).**

It is also important to remember that **if a bus has not arrived 15 minutes after pick-up time, parents must make their own arrangements to get their children to school.**

You can be assured that the safety of your child(ren) remains our priority. We thank you for your comprehension and collaboration. Stay safe!

School Bus Section Team.



## SHAPE and Brussels - Update 1 Oct 20

### What to Do if you have Symptoms of COVID-19

If you have any of:

- **Fever**
- **Cough**
- **Shortness of breath**
- **Loss of, or change in, your normal sense of taste or smell** You

should...

1. **ISOLATE** for 10 days. Household members must also isolate for 14 days. Recommendation may change following clinical assessment and test result.

2. **CONSULT** your UK healthcare provider. DO NOT attend a Facility in person.

**During working hours:** Call UK medical centre **+32 65 44 5824**. A clinician will call you back to arrange assessment and test.

**Out of hours:** If you are well with mild symptoms call the medical centre in the morning. If you need advice OOH call HEALIX **+44 208 4817800**. They will direct you to a route of assessment as required.

3. **INFORM** your **line manager** and the NSE of your absence (or WFH). They may ask you to identify your movements prior to having symptoms to allow them to work with Prev Med on contact tracing should you test positive.

**Working hours:** NSE (who will inform COVID Ops)

**Out of hours:** European Duty Field Officer on **+32 479 911075**

4. **TRACE** If advised to phone the Prev Med team at SHAPE to initiate contact tracing the numbers are: +32 65 325336 or OOH +32 47 6760327.

If you are advised to isolate

## Isolate yourself



Stay in your home or accommodation, do not go to work, school or other public areas



Separate yourself from others in your home or accommodation



Do not have visitors in your home or accommodation



Use **separate facilities** if sharing, these should be cleaned before use by others



Have food, medication & other supplies **delivered to you**



Try to **keep away from your pets**. If unavoidable, wash your hands before & after contact

## Prevent the spread of infection



**Cover** coughs & sneezes with a tissue



Place the tissue in a **bin**



Wash your hands with **soap & water**



Use **separate household items** like towels, bedding, toothbrushes, cups & dishes



**Wear a mask** when you are around others, if you have been told to do so

### Wash hands with soap & water:



Before cooking & eating



After using the toilet

## Take care of your health & wellbeing

### For those with symptoms of infection:



Get plenty of rest until you feel better



Drink enough fluids so that you pass urine regularly



Take paracetamol as advised, to reduce pain & fever

### For everyone in self-isolation:



Keep in contact with friends & family by phone, video & online



Carry on hobbies & interests within your home if you are able to



Take regular exercise within your home if able

For up to date advice for people living in Belgium visit:

<https://www.info-coronavirus.be/en/>