



SAPLINGS ARE WALKING TO THE NORTH POLE!

Our North Pole Adventure Continues...

by Louise and Wendi

As you know, we are currently over half way on our **4,097 kilometre** walk from the school North Pole. Well done to all of our staff and students who have been using their Fitbits, Garmin watches and Fitness Apps in the evenings and at the weekend, who have helped us get so far so quickly! We hope the students are enjoying their winter walks and we want to thank everyone who has gotten involved in the walking and the fundraising so far !

Please keep sharing our fundraising page www.iFundraise.ie/WalkingToTheNorthPole with friends and family to keep those donations coming!

Our current leaders, who have covered the most individual kilometres are Jason (staff) and Lucy (student), but it is still all to play for with four weeks left until the competition ends! Keep up the good work everyone!

If you have any photos of your son/ daughter out walking and you would like me to share them on our Facebook page please email them to louise@saplings.org 😊

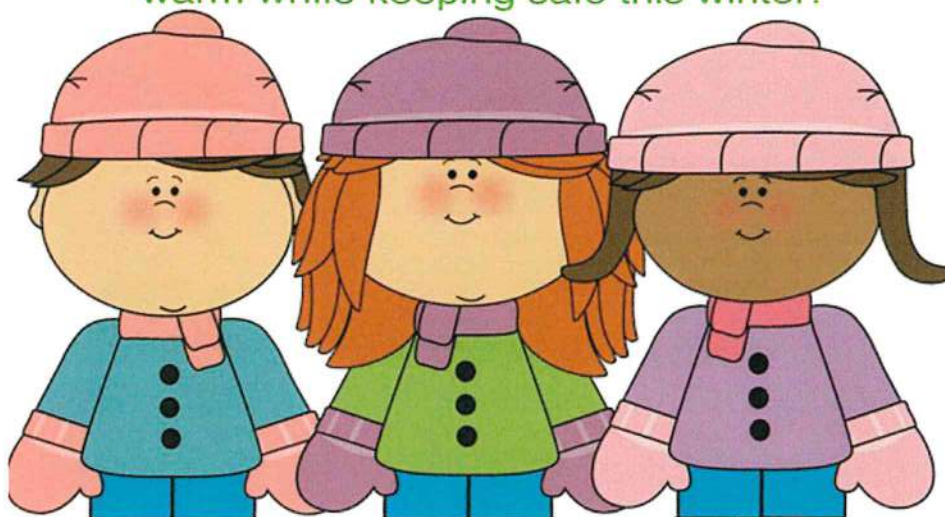
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We all know that ventilation is so important in reducing the spread of Covid-19. This means keeping the windows open even when the heat is on and it is cold outside! Please send in extra layers (a coat, a hat, gloves etc) so we can keep warm while keeping safe this winter!



Baby boom...

By Louise

There must be something in the water in Saplings at the moment! Darren welcomed a beautiful baby daughter over the summer and now Aine, Aoife and Jenny are all expecting in the new year! We wish them all the best of luck on their upcoming maternity leaves and look forward to seeing them back soon.

Covid-19 Reminder:

As per current DES and HSE rules, you must not send your child to school if your child has:

- A temperature of 38 degrees Celsius or more
- Any other common symptoms - a new cough, loss or changed sense of taste or smell, or shortness of breath
- Been in close contact with someone who has tested positive for Covid-19 or been living with someone who is unwell and may have Covid-19
- For 48 hours after taking paracetamol or ibuprofen

You will need to:

- Isolate your child - this means keeping them at home and avoiding contact with other people, as much as possible.
- Phone your GP - they will advise you if your child needs a coronavirus test
- Get advice from your GP about whether anyone the child lives with also needs to isolate or if they can attend school/ work.
- Treat your child at home for their symptoms. Keep your child at home until they are 48 hours symptom free.
- Your child should only leave your home to have a test or to see your GP.

Children who are close contacts of someone who has coronavirus

- If your child has been in close contact with someone who has coronavirus, you should restrict their movements for 14 days, even if they feel well.
- If your child develops symptoms, isolate your child and phone your GP to arrange a test for coronavirus.

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When it's okay to send your child to school or childcare

It's usually okay to send your child to school or childcare if they:

- only have nasal symptoms, such as a runny nose or a sneeze
- do not have a temperature of 38 degrees Celsius or more (as long as their temperature has not been lowered by taking any form of paracetamol or ibuprofen)
- do not have a cough
- have not been in close contact with anyone who has coronavirus and do not live with anyone who is unwell and may have coronavirus
- have been told by a GP that their illness is caused by something else, that is not coronavirus. Your GP will tell you when they can return to school or childcare.
- have got a negative ('not detected') coronavirus test result and have not had symptoms for 48 hours.



Communication Routes and Frequencies by Louise & Wendi

The Saplings School aims to keep parents informed of their child's progress in a variety of ways – daily, fortnightly, annually and on an ad hoc basis. All meetings are currently being held via phone call or Zoom due to Covid-19 restrictions.

Daily Summaries/Communication Books

The tutor completes a daily summary/communication book at the end of a child's day in school. This includes information about a child's behaviour over the day including; general demeanour, whether or not the child ate lunch, toileting and group activities. These sheets should be expected daily – now completed via email from the class teacher due to Covid-19 restrictions.

Fortnightly Summaries

A fortnightly summary is a two weekly review that details the IEP tasks your child has been working on for the past fortnight in school and also contains a

feedback section on their progress in those activities over the week. Teachers complete the Fortnightly Summaries and parents should expect these sheets every second Friday.

Parent-Teacher/ Behaviour Analyst Meetings

A Class Teacher/ Behaviour Analyst or a parent may request these meetings in situations where an important issue needs to be raised or explored. These meetings may occur as needed and requested by either Class Teacher/ Behaviour Analyst or a parent. Access to your child's data can be made available during these meetings. Parents can use these meetings to take the opportunity to ask questions regarding current programmes or plans, to acquire information or advice and to raise any concerns they may have regarding any aspect of a child's programme or progress.

Parent-Principal Meetings

Any of the above parties may request a meeting in situations where they would like to explore an issue that has not been resolved by the first meeting. These

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meetings may occur as needed and requested by the Principal or a parent.

IEP Meetings

Individualised Educational Programme meetings are held between the Behaviour Analyst, Principal, Class Teacher and parent and will occur once Saplings have conducted a number of skill assessments and once parents have completed a questionnaire. The first IEP meeting will occur shortly after a new pupil has been entered onto the Saplings role book. IEP meetings and/ or IEP reviews will take place yearly, or when all target goals have been achieved. Due to the current Covid-19 restrictions and advice on not sharing materials it is not possible to conduct IEP testing at this time. Therefore we are not prioritising updating IEPs in this term.

Parents are reminded that the best way to contact the school is either by phonecall to Grainne on 045 878760 who can direct your query to the appropriate person, or by emailing your Class Teacher, Behaviour Analyst or Principal.

Parents are also reminded that working hours in Saplings are 9.00 to 3.45 and that staff are advised not to check or reply to correspondence outside of these times.