

September 2023

Dear Parents/Carers,

I am sorry to say that we have some confirmed cases of Covid-19 in the school at present. As we move into autumn and winter, I expect that cases both in school and the wider community will continue to increase. As such, we all have a responsibility to keep ourselves and others safe, and I thought it would be timely to remind everyone of our Covid procedures.

The school follows the national NHS guidelines currently in place. You can read these on the NHS website, here:

<https://www.nhs.uk/conditions/covid-19/covid-19-symptoms-and-what-to-do/>

What are the symptoms of Covid-19?

Covid-19 symptoms can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

Most people feel better within a few days or weeks of their first Covid-19 symptoms and make a full recovery within 12 weeks. For some people, it can be a more serious illness and their symptoms can last longer.

What should I do if my child has symptoms of Covid-19?

There is no longer a requirement to take a Covid test if your child has symptoms.

However, if your child has a high temperature or does not feel well enough to go to school, then they should stay at home until the temperature has gone and they feel well enough to return to school.

If your child has mild symptoms, such as a runny nose, sore throat or mild cough, then they can continue to come to school if they feel well enough to do so. Please note that our usual policy applies for children with sickness or diarrhoea: they should be kept at home for at least 48 hours after the last instance of either of these symptoms.

If you are worried about your child's symptoms then please contact NHS 111 or make an urgent appointment with your GP. Call 999 if your child seems very unwell or you think something is seriously wrong.

What should I do if my child tests positive for Covid-19?

As mentioned above, there is no longer a requirement to test your child if they have Covid-19 symptoms.

However, if you do choose to administer a Covid-19 test and the result is positive, your child should stay at home and avoid contact with other people **for 3 days after the day the test was taken if your child is under 18, and for 5 days after the day the test was taken if your child is aged 18.**

When you contact the school to inform us of the child's absence, please ensure that you advise us of the positive test so that we can monitor the spread of Covid in the school and so that we can assist in calculating the day on which your child can return.

Please note for adults who receive a positive test result that they should stay at home for **5 days** from the day after the test is taken. Please do not visit the school site during those days if you have tested positive for Covid.

What is the school doing to protect children from the spread of Covid-19?

The school will continue to follow NHS guidelines in place and monitor these regularly for any changes. We will continue to enforce the rules set out above on absence and may require you to collect your child from school if we feel they have a temperature or are too unwell to remain in school. I know it can be frustrating to have to collect your child or to keep them home for several days but we have to work in the best interests of the whole community.

We continue to promote strong personal hygiene amongst pupils, with hand sanitiser available around the school. Classrooms around the school are equipped with cleaning equipment and are regularly cleaned by our cleaning staff. We seek to provide as much ventilation in classrooms as possible.

Yours faithfully,



Joanne Sangster

Principal



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