



September 2020

Dear Parents and Carers,

We have produced the following information in conjunction with the most up-to-date advice from Public Health England, the DfE and in line with current government guidelines. This information is to help remind you of advice and guidance for illness particularly relating to **COVID – 19**, but also to explain rules about all other illness and what to do if your child is absent from school. It is helpful to remember that not all coughs, sneezes or illnesses mean your child needs to self- isolate or stay off school.

### Symptoms of COVID-19

The most common symptoms of **COVID-19** (coronavirus) are:

- A high temperature – hot to the touch (on back or chest)
- A new **CONTINUOUS** cough (consistently coughing over a period of time)

(A cough that is cause for concern would be if you cough more often than not in a hour window of time or have 3 or more coughing episodes in 24 hours.)

- A loss of, or change in sense of smell or taste.

For more information and details of symptoms please refer to:

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

**Please refer to the following actions for what you need to do in each scenario and what action you should take:**

### COVID-19 (Coronavirus)

What to do if.....	Action needed....	Return to school when.....
<p>My child has one or more of the Covid-19 symptoms</p> <ul style="list-style-type: none"> <li>• High temperature</li> <li>• New continuous cough</li> <li>• Loss of or change to sense of smell or taste</li> </ul>	<ul style="list-style-type: none"> <li>• Child <b>does NOT</b> come to school</li> <li>• Contact the school <b>immediately</b> to inform us</li> <li>• <b>Self-isolate the whole household immediately</b></li> </ul>	<ul style="list-style-type: none"> <li>• The test comes back <b>negative</b> and the child feels well</li> </ul>

<p>(If anyone else in the household develops symptoms during this isolation, they will also need to get tested and isolate for 14 days)</p>	<ul style="list-style-type: none"> <li>• <b>GET A COVID-19 TEST</b> as soon as possible</li> <li>• <b>Keep in touch</b> with the school to inform us of status of the test (when/where you have managed to get a test and even if you can't get a test immediately - it is very helpful to know this too so that we are aware of whole situation)</li> <li>• <b>Inform</b> the school of the result as soon as you have it</li> </ul>	
<p>My child tests positive for COVID-19</p>	<ul style="list-style-type: none"> <li>• Child <b>does NOT</b> come to school</li> <li>• Contact the school <b>immediately</b> to inform us</li> <li>• <b>Self-isolate</b> the <b>whole</b> household <b>immediately</b></li> </ul>	<ul style="list-style-type: none"> <li>• They can return when they feel better after <b>10 days of isolation.</b></li> <li>• They must isolate for at least 10 days even if symptoms disappear</li> <li>• Be aware they can return after 10 days even with a cough or loss of smell and taste (as these symptoms can last several weeks)</li> </ul>
<p>My child tests negative for COVID-19</p>	<ul style="list-style-type: none"> <li>• Contact the school <b>immediately</b> to inform us</li> <li>• Agree a date to return to school – this can be the same day/next day</li> </ul>	<ul style="list-style-type: none"> <li>• The test comes back <b>negative</b> and the child feels well</li> </ul>
<p>My child is identified by Track and Trace as being a possible contact with a positive case of Covid-19</p>	<ul style="list-style-type: none"> <li>• Child <b>does NOT</b> come to school</li> <li>• Contact the school <b>immediately</b> to inform us</li> <li>• <b>Self-isolate for 14 days</b></li> <li>• There is no requirement for other members of the household to isolate unless they are also identified as part of the Track and trace system</li> </ul>	<ul style="list-style-type: none"> <li>• <b>After 14 days – not before</b></li> <li>• Be aware that as a contact identified by Track and trace you will not automatically be eligible for a test unless you develop symptoms – <b>you should still isolate for full 14 days even if you take a test and get a negative result</b></li> </ul>

If you are unsure of symptoms or if your child develops symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111

You can arrange a test if your child is showing any of the symptoms by calling 119 or via <https://www.nhs.uk/ask-for-a-coronavirus-test>

Above all it is very important that if your child shows symptoms or is awaiting a test result they SELF-ISOLATE and DO NOT come to school – this isolation period will apply to all household members and anyone in your ‘support’ bubble too.

All household members should not go to work, school or public areas and any exercise should be within the home during the isolation period. You should ask friends, neighbours, other family members to help with everyday tasks like shopping, dog walking, picking up medications.

For additional advice on the ‘Stay at home’ guidance please refer to <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

### **Vomiting and diarrhoea**

Vomiting and diarrhoea is not listed as a symptom of Covid-19, however as per standard medical advice a child should not come to school if they have had sickness or diarrhoea.

We ask that you inform the school of this illness and ring on **EACH DAY** of absence to ensure we are clear on the reasons for absence. It is even more important in the current situation that we have regular updates and contact with between home and school regarding reasons for absence.

### **Seasonal colds**

We are aware that children do get ill as the winter months approach and if your child is ill with the symptoms of seasonal colds – including a runny nose, sore throat, aches, tiredness, they can come to school if well enough.

However before sending them in to school you should:

- Check for the symptoms of COVID-19 (see above)
- If unsure ring GP, 111 or check NHS website

If you feel they are too unwell to attend school, then please **RING** school to inform us and give a clear reason. You should ring on each day of absence and we would advise that **after 3 days of absence** they should be showing some signs of recovery and if they are still unwell you should seek medical advice and guidance.

Remember a child can return to school and should be attending if well enough and not showing symptoms of COVID-19

## **What you and your child needs to do to help the school**

Please help us all to protect each other by remembering the following:

- Act responsibly when travelling to and from school – wear a mask on public transport and in areas where you can NOT maintain 2 metre distance from others
- Socially distance where possible
- Wash hands regularly throughout the day and when you arrive at school or home
- Cover your mouth and nose with a tissue/arm if you cough or sneeze
- Use the hand sanitizer provided by staff at the start of each lesson
- Wear a face mask when moving around the school – inside and when there is a chance you will see students from other bubbles (lesson changeover, after break and lunch)
- Bring your own equipment to school – use the pencil cases provided by the school – students can buy additional equipment from student reception.
- Do not wander around classrooms

Thank you for your ongoing support and understanding in helping with this current situation. Please can we ask that you help us manage this situation in the best way possible by reinforcing these guidelines and communicating regularly with us regarding absence or any other issues.

Yours sincerely,



Guy Swallow  
Headteacher