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Dear Parents/Carers,

We hope that you have enjoyed the Easter weekend.

As indicated in the school newsletter published at the beginning of the Spring Break (available [HERE](#)), we now provide an update on the school's health guidance during the pandemic.

All education-specific guidance from the government/DfE regarding Covid-19 has been withdrawn, with the UKHSA now the source of guidance, as follows:

Short version: blog – click [HERE](#)                      Longer version – click [HERE](#)

In line with this guidance, we now advise the following:

**When pupils with symptoms of a respiratory infection, including COVID-19, should stay at home and when they can return to education**

- **Children and young people who are unwell and have a high temperature should stay at home** and avoid contact with other people.
- They can return to school when they no longer have a high temperature and they are well enough to attend.
- Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend school.

All pupils with respiratory symptoms are encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

**Pupils who test positive for Covid-19**

It is not recommended that pupils are tested for COVID-19 unless directed to by a health professional.

**If a pupil has a positive COVID-19 test result they should stay at home and avoid contact with other people for 3 days after the day they took the test.**

After 3 days, if they feel well and do not have a high temperature, they may return to school.

Pupils who live with someone who has a positive COVID-19 test result should continue to attend as normal.



## Parents/Carers

If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or you do not feel well enough to go to work or carry out normal activities, you are advised to try to stay at home and avoid contact with other people. **Please do not come onto the school site unless you have no alternative.**

Symptoms of COVID-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

If you have a positive COVID-19 test result, try to stay at home and avoid contact with other people for 5 days after the day you took your test. **Please do not come onto the school site during this time.**



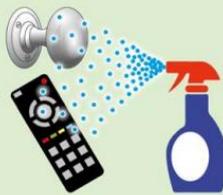
## How to reduce the spread of infection with the people you live with if you have COVID-19.

If you have COVID-19, there is a high risk that others in your household will catch it from you. There are several things you can do to reduce the spread of infection in your household.

- 1** Limit close contact with others. Spend as little time as possible in communal areas.



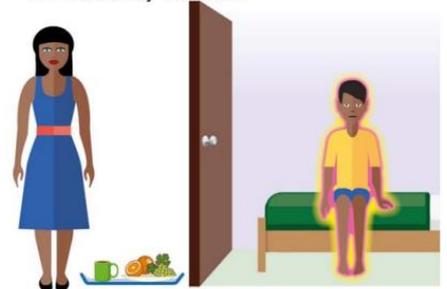
- 2** Regularly clean frequently touched surfaces and shared rooms like kitchens and bathrooms.



- 3** Wash your hands regularly using soap and water, particularly after coughing and sneezing.



- 4** Get help where possible from those you live with. Ask for help with cleaning and being brought food safely to avoid unnecessary contact.



- 5** Use a face covering if you need to spend time in shared spaces.



- 6** Keep rooms well ventilated.



- 7** Catch coughs and sneezes in disposable tissues and put them straight in the bin.



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Kind regards

Mr Rose  
Headteacher