



Monday 11th January 2021

Dear parents and carers,

We hope you and your families are keeping well. Here is latest advice from GOV.UK with accompanying links for detailed information.

Schools must also ensure that staff members and parents/carers understand that they will need to be ready and willing to:

- book a PCR test <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> if they or their child are displaying symptoms. The main symptoms are a high temperature, a new continuous cough and/or a loss or change to your sense of smell or taste. Staff and pupils must not come into the school if they have symptoms and must be sent home to self-isolate if they develop them in school. All children can be tested if they have symptoms, including children under 5, but children aged 11 and under will need to be helped by their parents or carers if using a home testing kit
- provide details of anyone they or their child have been in close contact with if they were to test positive for coronavirus (COVID-19) or if asked by NHS Test and Trace
- self-isolate <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection> if they have been in close contact with someone who tests positive for coronavirus (COVID-19), or if anyone in their household develops symptoms of coronavirus (COVID-19), or if they are required to do so having recently travelled from certain other countries.

Anyone who displays symptoms of coronavirus (COVID-19) can and should get a PCR test. PCR tests can be booked online through the NHS testing and tracing for coronavirus website <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>, or ordered by telephone via **NHS 119** for those without access to the internet. Essential workers, which includes anyone involved in education or childcare, have priority access to PCR testing.

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Schools should ask parents of children attending school and staff to inform them immediately of the results of any tests taken outside school and follow this guidance.

1. If someone with symptoms tests negative for coronavirus (COVID-19), then they should stay at home until they are recovered as usual from their illness but can safely return thereafter. The only exception to return following a negative test result is where an individual is separately identified as a close contact of a confirmed case, when they will need to **self-isolate for 10 days from the date of that contact.**

2. If someone with symptoms tests positive, they should follow the guidance for households with possible or confirmed coronavirus (COVID-19) infection <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance> and must continue to **self-isolate for at least 10 days from the onset of their symptoms** and then return to school **only if they do not have symptoms other than cough or loss of sense of smell/taste.** This is because a cough or anosmia can last for several weeks once the infection has gone. The 10-day period starts from the day when they first became ill. If they still have a high temperature, they should continue to self-isolate until their temperature returns to normal. **Other members of their household should all self-isolate for the full 10 days from the day after the individual tested positive.**

Some websites to support well-being

- <https://www.nhs.uk/oneyou/every-mind-matters/>
- <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf

With kind regards,

Miss Putterill