

1 December 2021

Dear Parents,

COVID19 Update – Holly Blues

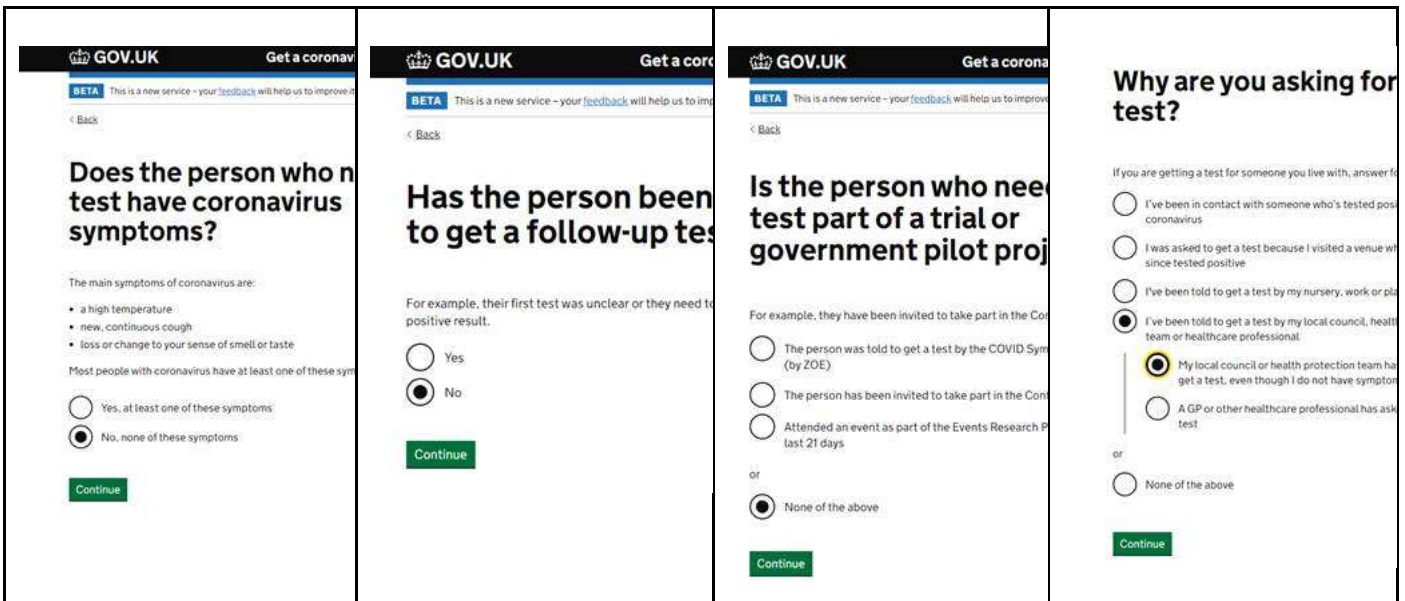
The safety of all members of our school community is paramount and we remain committed to ensuring our school is as safe as possible throughout the COVID-19 pandemic.

We have been informed of confirmed cases of COVID-19 within the class.

This letter is to inform you of the current situation and provide advice for you.

We have been working closely with Suffolk Public Health who have requested close contact students obtain a PCR test. Your child has been in contact with the confirmed cases within the school setting and we would advise them to obtain a PCR test for themselves. They can attend school while waiting for their PCR results unless they start to show symptoms.

Below is a visual showing how student/children can obtain a test through the booking system without having symptoms.



The screenshots show the following steps in the booking system:

- Step 1:** "Does the person who needs the test have coronavirus symptoms?"
Options: Yes, at least one of these symptoms; No, none of these symptoms.
- Step 2:** "Has the person been asked to get a follow-up test?"
Options: Yes; No.
- Step 3:** "Is the person who needs the test part of a trial or government pilot project?"
Options: The person was told to get a test by the COVID Symptom Study (by ZOE); The person has been invited to take part in the COVID-19 Research Project; Attended an event as part of the Events Research Project in the last 21 days; None of the above.
- Step 4:** "Why are you asking for a test?"
Options: I've been in contact with someone who's tested positive for coronavirus; I was asked to get a test because I visited a venue where someone has since tested positive; I've been told to get a test by my nursery, work or place of education; I've been told to get a test by my local council, health protection team or healthcare professional; My local council or health protection team has asked me to get a test, even though I do not have symptoms; A GP or other healthcare professional has asked me to get a test; None of the above.

Household LFT and PCR confirmed cases

If a member of your household tests positive for COVID-19 either by LFT or PCR, Suffolk County Council and Public Health are recommending pupils undertake a daily LFT for 5 days from the date of the household members positive LFT or PCR and the pupil should then obtain a PCR test on Day 5.

Pupils can and should continue to attend school if they are feeling well and have a negative LFT.

What to do if your child develops symptoms of COVID19

If your child develops symptoms of COVID-19 they should remain at home. Arrange for a COVID test via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling NHS 119 and inform the Head Teacher.

If their test is negative, they can return to school when they are well.

If their test is positive, they will need to self-isolate for 10 days from the date after their symptoms started.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>.

Symptoms

The symptoms of coronavirus (COVID-19) are:

- recent onset of new continuous cough or
- high temperature or
- a loss of, or change in, normal sense of taste or smell (anosmia).

Alongside the three main COVID symptoms, Public Health have advised that there are additional symptoms associated with the Delta variant, these include:

- Diarrhoea, Vomiting, Cold, Headache

Anyone feeling unwell is advised to get a PCR test and isolate until the results come through.

For most people, coronavirus (COVID-19) will be a mild illness. If you are concerned about your health or the health of anyone else in your house, please seek advice from your GP or NHS 111 by phoning 111.

There are things you can do to reduce the risk of getting COVID-19:

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Thank you for your continued support to keep our school community safe.

Yours sincerely

Miss E Churchman
Head Teacher