



19 April 2022

Dear Parents and Carers,

The staff and I hope you have all had a good Easter Break. We are very much looking forward to the summer term and, hopefully, some warmer weather!

The last two weeks of the Spring term saw yet another surge in absence due to Covid infections. From April 1 we are being told that we have to learn to live safely with COVID-19 so I have today sought advice from Nottinghamshire County Council as to the advice to give to parents and carers and this is as follows:

Our advice will be consistent with government guidance contained in the links below and attached. Covid -19 is a respiratory infection, so it is important to take action in reducing the risk of spreading the infection to other people and be observant of the signs and symptoms.

The guidance is based on:

- *if you have any signs or symptoms*
- *if you have tested positive for Covid-19*

What to do if you have respiratory infection symptoms (including symptoms of COVID-19)

- *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 - **until you no longer have a high temperature (if you had one) or until you no longer feel unwell.***
- *The risk of becoming seriously unwell from COVID-19 and other respiratory infections is very low for most children and young people.*
- ***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 their education setting.***
- ***Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can.** They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend.*
- *All children and young people with respiratory symptoms should be 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.*

Banks Road, Toton, Beeston, Nottingham, NG9 6HE. Web: www.banksroadschool.co.uk

The following guidance is based on the national guidance: [People with symptoms of a respiratory infection including COVID-19 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19).

People who have a positive COVID-19 test result

Children:

- Current national guidance states that it is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.
- If a child or young person has a positive COVID-19 test result they should try to stay at home and **avoid contact with other people for 3 days after the day they took the test**, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.
- Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

Adults:

- Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days, which is when they are most infectious. They can work at home during this time if their role allows it and they feel well enough to do so. Adults can return to school after 5 days as long as they feel well enough to resume normal activities and no longer have a high temperature.

Below are other relevant links:

- [What to do if you have coronavirus \(COVID-19\) or symptoms of COVID-19 - NHS \(www.nhs.uk\)](https://www.nhs.uk/what-to-do-if-you-have-coronavirus/)
- [Coronavirus \(COVID-19\) symptoms in adults - NHS \(www.nhs.uk\)](https://www.nhs.uk/coronavirus/symptoms-in-adults/)
- [Coronavirus \(COVID-19\) symptoms in children - NHS \(www.nhs.uk\)](https://www.nhs.uk/coronavirus/symptoms-in-children/)

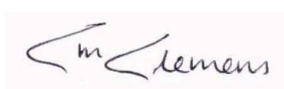
I ask that you continue to follow the one way system at drop off and pick up times which avoids congestion.

Respiratory infections can spread easily between people. It is important to be aware of symptoms so you can take action to reduce the risk of spreading your infection to other people.

The symptoms of COVID-19 and other respiratory infections are very similar. It is not possible to tell if you have COVID-19, flu or another respiratory infection based on symptoms alone. If your child has symptoms of a respiratory infection, such as COVID-19, and they have a high temperature or they do not feel well enough to come to school, you are advised to keep them at home and avoid contact with other people.

I will keep you updated of any future guidance or advice.

In the meantime, many thanks and take care,



Carole Clemens
Head Teacher