



Arnold Mill Primary School

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Dear Parents and Carers,

Welcome back! I hope you have had good break. As always, the Summer term is going to be crammed full of exciting activities so, please check your emails for more information over the coming weeks.

Medication/Illness - If your child requires medication (including an inhaler) to be administered during school hours we are happy to assist. Medication should be taken to/collected from the office (by an adult). Each medicine a child is required to take needs a consent form completing. Please don't send your child to school if they have a temperature or are unwell. If your child is ill or unable to attend school, please ring the school office by 9.30am - even if your child only attends in the afternoon (Tel: 0115 966 7930 - option 1) to tell us - we will need the following information, *your child's full name *class *and the reason for absence.

F1pm parents *please don't forget as you may be charged for an uncancelled meal.*

Attached to this email is a copy of the current advice around what to do if your child is unwell or has Covid/ Covid symptoms.



Leave of Absence Requests - We have had a few Leave of Absence requests for holidays this term. Please can I remind you that children **should not** be taken out of school for family holidays They have already missed so much education due to Covid, that we don't want them missing any more valuable learning.

Nottinghamshire County Council are keen that we increase children's attendance and want us to issue fixed penalty fines to parents who do take their children on holiday. We will be updating our attendance policy ready for September, but in the meantime, we ask that you do not book holidays in school time- they will not be authorised. There is an up-to-date school holiday dates sheet on our website.

After School Clubs - The current After School Clubs (they started week commencing 28th March) restart next week (no need to reapply), the final session will be week commencing 16th May). Boccia will continue to run on a Wednesday until further notice.

Don't forget that the SIMs Parent App allows you to see useful diary information, including:

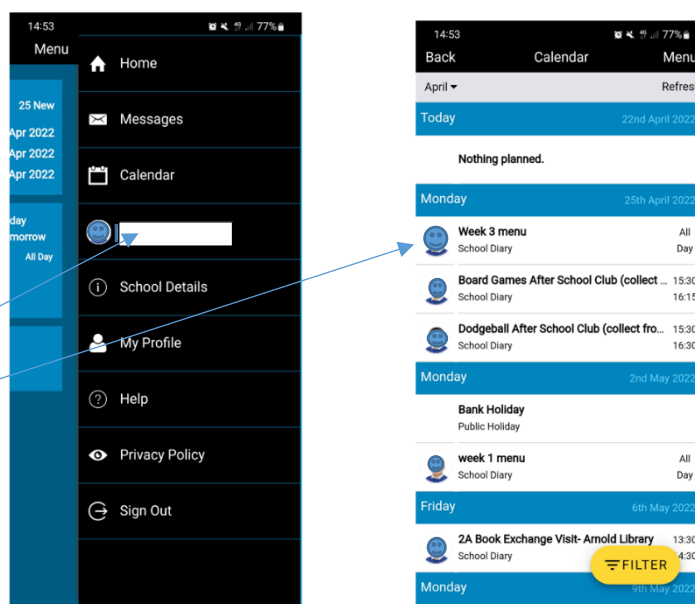
- the date/time/collection time for your child's After School Club, whether it has been cancelled/not running.
- Trips and visits
- Special Menus
- Library visits
- INSET days
- Non-uniform days

Here is an example screen shot for your information.

If you need any help or more information about downloading the App please contact the school.

Your child's name

Your child's photo



Have a super weekend!

Kind regards,

Jackie Oldfield

Jackie Oldfield, Head Teacher

Menu for next week is

**Week
3**



Illnesses/Absence from School

Children who are ill will not enjoy being at school and may infect others. Please keep them at home until they are fully recovered.

Do I need to keep my child off school?



Chicken Pox Until all spots have crusted over	Conjunctivitis No need to stay off but school or nursery should be informed	Diarrhoea & Vomiting 48 hours from last episode	Glandular Fever No need to stay off but school or nursery should be informed	Hand, foot & mouth No need to stay off but school or nursery should be informed	Impetigo Until lesions are crusted & healed or 48 Hours after commencing antibiotics
Measles or German Measles 4 days from onset of rash	Mumps 5 days from onset of swelling	Scabies Until after first treatment	Scarlet Fever 24 hours after commencing antibiotics	Slapped Cheek No need to stay off but school or nursery should be informed	Whooping Cough 48 Hours after commencing antibiotics
	Flu Until recovered	Head Lice No need to stay off but school or nursery should be informed	Threadworms No need to stay off but school or nursery should be informed	Tonsillitis No need to stay off but school or nursery should be informed	



Please refer to this guide if your child is unwell - it tells you how long to keep your child away from school.

Coughs and colds - It's fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them off school until the fever goes.

High temperature - If your child has a high temperature, keep them off school until it goes away.

Covid

Children and young people aged 18 years and under who have a positive test result.

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.

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

People feeling unwell with these symptoms should get plenty of rest and drink water to keep hydrated. You can use medications such as paracetamol to help with your symptoms.

Adults who have a positive test result

Try to stay at home and avoid contact with other people

If you have a positive COVID-19 test result, it is very likely that you have COVID-19 even if you do not have any symptoms. You can pass on the infection to others, even if you have no symptoms.

Many people with COVID-19 will no longer be infectious to others after 5 days. 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. There is different advice for children and young people aged 18 and under.

During this period there are actions you can take to reduce the risk of passing COVID-19 on to others.

Try to work from home if you can. If you are unable to work from home, talk to your employer about options available to you.

If you have been asked to attend a medical or dental appointment in person, contact your healthcare provider and let them know about your positive test result.

You may wish to ask friends, family, or neighbours to get food and other essentials for you.

At the end of this period, if you have a high temperature or feel unwell, try to follow this advice until you feel well enough to resume normal activities and you no longer have a high temperature if you had one.

Although many people will no longer be infectious to others after 5 days, some people may be infectious to other people for up to 10 days from the start of their infection. You should avoid meeting people at higher risk of becoming seriously unwell from COVID-19, especially those whose immune system means that they are at higher risk of serious illness from COVID-19, despite vaccination, for 10 days after the day you took your test.