

Please find below the Government's new guidance on the easing of restrictions and 'living with Covid'.

As restrictions ease, staff and pupils in school are **no longer required to carry out twice weekly asymptomatic testing**. However, we must still follow guidelines on good hygiene and cleaning regimes, meaning we must still continue to wash hands regularly and ventilate rooms well.

If your child has symptoms of Covid 19 (**a high temperature; a new, continuous cough or a loss or change to their sense of smell or taste**), they must:

1. Take a **PCR** test. If they are confirmed as having COVID-19, they should stay at home and avoid contact with other people. This helps reduce the chance of passing COVID-19 on to others.
2. On **day 5**, following **first sign of symptoms (not PCR test result)**, they should take a lateral flow test. If it is negative, they can take another test in the **morning on day 6**. If that is also negative, your child can return to work **that day**. If day 5 is positive, then start again day 6 and so on, until they have two consecutive negative lateral flow tests.
3. If lateral flow tests continue to be positive, on day 10 following their first signs of symptoms, they can **stop** testing and return to school.

If you have any queries regarding whether your child should self-isolate or not, please get in touch with the school office on 0191 6433600.

Miss R Jobey

Headteacher

Learning together and having fun