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Dear Parents/ carers

As of the 1<sup>st</sup> April the guidance regarding how we as a school respond to cases of COVID-19 has changed. It should now be classed the same as any other respiratory infection such as the common cold, or flu. Respiratory infections are common in children and young people, particularly during the winter months.

For most children and young people, these illnesses will not be serious, and they will soon recover following rest and plenty of fluids.

Very few children and young people with respiratory infections will become seriously unwell. This is also true for children and young people with long-term conditions.

Attending education is hugely important for children and young people's health and their future.

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
- Diarrhea, feeling sick or being sick

We are asking if your child is unwell and has any of the above symptoms, that you keep them at home until the symptoms have gone. Once they are better and you feel they are well enough then they can come back into school. Please, if your child is not well, keep them at home until they are better. If we feel your child is in school and is not well we will ask you to collect them and take them home. There is no longer a requirement for you to test your child and so it is important that you are aware of the symptoms and use common sense as to whether or not your child is well enough to be in school. If for any reason you do test your child, and it comes back positive, then they should stay at home for 3 days and only return once symptoms have eased and they are back to their normal selves. We do **not** expect anyone to go out and buy tests so there is **no** expectation from the school for you to do this.

If you have any questions please contact myself or a member of the pastoral team.

Kind regards

Katie Williams Headteacher