



# Holy Family Catholic High School

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Headteacher: Mr M Symes BA(Hons), NPQH

Friday, 03 October 2025

Dear Parents and Carers,

You may be aware of the recent increase in cases of a new COVID-19 variant. We understand that this may be a cause for concern, and that online guidance can sometimes be outdated or unclear.

According to the [UK Health Security Agency](#) (UKHSA), routine COVID-19 testing for children and young people is not recommended unless advised by a healthcare professional.

The [Department for Education](#) advises that children and young people who have cold-like symptoms such as a runny nose, sore throat, or mild cough but are otherwise well, can continue to attend school. There is no requirement for them to isolate.

If your child has underlying health conditions or is experiencing symptoms that are more severe than those typically associated with a cold, we encourage you to seek medical advice.

All children and young people with respiratory symptoms should be reminded to:

- Cover their mouth and nose with a disposable tissue when coughing or sneezing.
- Wash their hands thoroughly after using or disposing of tissues.

Thank you for your continued support and cooperation.

Yours sincerely,

Claire Powell

Senior Leader in charge of Attendance