

MOSSY LEA MESSENGER

Tuesday, 16th March 2021 XVI · III · MMXXI

Please, I beg, refer to the flow charts re attendance in school. The tables have turned, or at least re calibrated a little, and if in doubt keep your child off, whereas previous we've said, if in doubt send your child in, and if they're remain unwell, or get worse, we'll send them home! Many of us, me included, were brought up with the mentality of "you'll be fine - get in!" I remember my mum saying to me on many occasion, "if you're not well enough to go to school, you're not well enough to go out....." The climate is very different now, and that messes with my neuroplasticity! We all benefit by keeping COVID out of the school for as long as we can and so far we have managed to do it, so lets carry that on. It is beneficial over a very short term for individual children to be off for a day or so whilst awaiting for general symptoms to subside, or awaiting PCR test results, than for the school to close for 10 days. By being ultra cautious, and by inconveniencing ourselves, we all benefit.

It is widely accepted now that the test questions on the NHS website are not really up to date, as more evidence emerges. They have to be answered flexibly with children, finding a best fit, as children do have atypical symptoms of COVID when compared to post 18 adults.

My ramblings are not personal opinion, but evidenced based. An interesting quote from a BMJ medical journal, published on 13th March says that, where there is active community transmission of COVID children with the main COVID symptoms, or children with general fever infectious symptoms should undergo a PCR test, and be considered to have the disease until proven otherwise. With a rise of 15.2% of people testing positive in Chorley, in the last 7 days, it is safe to say there is local community transmission occurring.

Furthermore, **if any member of your household has COVID symptoms then the whole household needs to self isolate until a PCR test results comes back.**

A couple of points re LFD tests (now available from the NHS for school children and families):

These tests are only good for asymptomatic testing., and should only be used for such testing. They should not be used if you have symptoms of COVID. If you have Coronavirus (COVID-19) symptoms please self-isolate immediately and follow government guidelines. This NHS guidance will help: www.nhs.uk/conditions/coronavirusCOVID-19.

If you are using LFD to check for asymptomatic carrying then:

If the result is positive, start self-isolation immediately as per government guidelines and book a follow-up PCR test to confirm your test result. The whole household should begin self isolation.

If it is negative, AND YOU DO NOT HAVE SYMPTOMS then crack on. If the test is inconclusive, you should undertake another lateral flow test immediately and record your result. If you have COVID-19 symptoms, even if you have a negative result, you should self-isolate as per government guidelines and arrange a COVID-19 test. We're not out of the rambling uncharted woods of COVID yet. Of course, there is a clear path out of trouble..... but it is a path we must walk slowly, and cautiously.

Can my child go to school today?



Do they have any COVID Symptoms?

- a **high temperature** - this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a **new, continuous cough** - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a **loss or change to your sense of smell or taste** - this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Yes
They have a COVID symptom

No
They do not have a COVID symptom

Self Isolate and Book a COVID Test

Book the test online or call 119
All members of the household should stay at home until the test result is known.*

Do they have diarrhoea or vomiting?

No
They do not have diarrhoea or vomiting

Yes
They do have diarrhoea or vomiting

Do they feel unwell?

It is important that parents keep children at home when they are unwell

No
They do not feel unwell

Yes
They feel unwell

Send to school

So long as your child feels well, has not been told to self-isolate and there are no other household members with COVID symptoms, it is OK for them to attend school.

Keep at home

- Remain off school until they feel well enough to return. Seek medical help from a GP if needed (or 111 if your surgery is closed).
- Remain off school until at least 48 hours after the last episode of diarrhoea or vomiting. A COVID test is not required for diarrhoea and vomiting without the other symptoms above.

*Visit gov.uk for advice on when to stop isolating and return to school after a positive or negative test.

COVID SYMPTOMS AT HOME FLOW CHART



When can my child return to school?

Chicken Pox

5 days from onset of rash and all the spots have crusted over

Conjunctivitis

No need to stay off, but school or nursery should be informed

Diarrhoea & Vomiting

48 hours from the last symptoms

Glandular Fever

No need to stay off, but school or nursery should be informed

Flu

When recovered *

Hand, foot & mouth

No need to stay off, but school or nursery should be informed

Head Lice

No need to stay off, but school or nursery should be informed

Impetigo

When lesions are crusted & healed or 48 hours after starting antibiotics

Measles or German Measles

4 days from onset of rash and recovered *

Mumps

5 days from onset of swelling *

Scabies

After first treatment

Scarlet Fever

24 hours after starting antibiotics

Slapped Cheek

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

Whooping Cough

48 hours after starting antibiotics *

If you are worried please seek further advice from your GP or community pharmacist.
*Vaccine preventable

Hand washing is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea and vomiting and respiratory disease. Liquid soap, warm water and paper towels are recommended.

Supported by the Barnsley Health Protection Board. This information was correct at time of printing (August 2019). This information is based on health protection guidance from Public Health England on managing cases of infectious diseases in schools and other childcare settings. More information can be found at

www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities



Folks, there is a light at the end of the long, dark tunnel. I firmly believe that. But it is weak, frail, and vulnerable. Think of it as a new green plant shoot. It needs our love, respect, our nurture and our help to thrive, otherwise it will easily become extinguished. Just because school's have re-opened - alas, the country hasn't, not just yet.

If in doubt get a test. If any member of your household has symptoms of COVID then the whole household needs to self isolate - this includes siblings at school. Statistically I know any test result is unlikely to be positive - that's good isn't it? In the UK, on average we do 1614145 tests each day, of which 4618 test positive. So, that's a positive return of 0.28%. Drill down, and only 1 in 350 are positive. In a full Wembley stadium, around 90 people will have it. But it is better to be safe than sorry, and if we take 2 days "off line" whilst we wait for a test result, that is better than an whole bubble isolating. It's also better for the stress levels of staff. That said, I know it will get into school - I just desperately want to get to Easter

LFD test are not a substitute for PCR tests - LFD test are for regular asymptomatic testing.

We still need to socially distant on the car park please.

Even if we've had the vaccine. Having had the vaccine is great, but **we still have to follow all the rules.** Latest evidence is **we can still spread it, we can still carry it we can in fact still get it.**

So come on folks, let's take a step back from the finishing line - we 're not there it. And if we're to get there soon we need to remain careful and cautious.

Confirmation Classes are available (Church of England) for Year 6 children to attend, at St. George's. These will be held at St. George's, after school on Thursday. If you would like your child to attend, please let us know.

- 1 Week - 22nd April
- 2 Week - 29th April
- 3 Week - 6th May
- 4 Week - 13th May
- 5 Week - 20th May
- 6 Week - 27th May

Sessions will be led by Rev. Mike from 3.30pm - 4.30pm, with kids having a break from end of school to start of the session. Suffice to say there is obviously no charge from the sessions, and if your child requires Late Stay after the session, that's fine as well!

EASTER LUNCH

Leanne and her team at St. George's will be serving us an Easter lunch. The menu is attached. If your child would like the Easter lunch please send Antonella a Dojo message by Friday, 19th March.

The lunch is on Wednesday, 24th March and costs £2.30.

As always folks, take care, stay safe, and lets stick together.

Take it easy and have a great week,

Andy