

Monday 22nd November 2021

RE: Advice on coronavirus symptoms, testing and self-isolation

Dear parents and carers,

I am writing to inform you that we have had a few confirmed cases of COVID over the weekend in both pupils and staff. I therefore felt it important to remind you all about the latest advice regarding the symptoms of coronavirus (COVID-19), self-isolation, getting tested and the protective measures we have implemented at school. It is important that all members of our school community are aware of what to look out for, how to keep themselves and others safe and when to get tested.

Symptoms to look out for

Anyone displaying any of the following symptoms must stay at home and must not come to the school premises:

- **A high temperature** – being hot to the touch on your chest or back
- **A new, continuous cough** – coughing a lot for more than an hour, or three or more coughing episodes in 24 hours; if you usually have a cough, it may be worse than usual
- **A loss of, or change to, your sense of smell or taste** – losing your sense of smell or taste, or things smell or taste different

We advise that everyone remains vigilant for the above symptoms and where possible, avoids exposure to anyone who is displaying these symptoms and/or has tested positive for coronavirus.

When to self-isolate

If your child is unwell with any of the symptoms outlined above and/or tests positive for coronavirus using a lateral flow device (LFD) test, they will need to self-isolate and get a confirmatory polymerase chain reaction (PCR) test. If the PCR test comes back positive, your child must self-isolate for 10 days. These 10 days commence either on the day the symptoms began, or in the event that your child is asymptomatic (not showing any symptoms), from the day of the positive test. Your child must remain at home for the full 10 day period, even if another test within this period is negative.

If after completing a confirmatory PCR test, this test comes back negative, your child may return to school as long as they feel well enough to do so.

If your child does not have symptoms themselves and has not tested positive, but a member of their household has tested positive or they are identified as a close contact of a positive case, your child will not be required to self-isolate as they are under the age of 18 years and six months, or they:

- Are fully vaccinated.
- Have taken part in or are currently part of an approved COVID-19 vaccine trial.
- Are not able to get vaccinated for medical reasons.

Instead, they will be contacted by NHS Test and Trace, informed they have been in close contact with a positive case and advised to take a PCR test. It is strongly advised that all individuals take a PCR test if advised to do so.

Those who need to self-isolate must not come to the school premises until the necessary self-isolation period has ended.

In the unlikely scenario that a parent of a child with symptoms or a positive case of coronavirus insists on their child attending school, we will consider refusing attendance if we deem it necessary to protect other pupils and staff.

What to do if you or your child needs to self-isolate

As soon as you are able, you must notify us that your child needs to self-isolate, and inform us of the date you expect your child will be able to return to school, i.e. when the necessary 10-day isolation period is due to end. This does not mean your child must return on this date; we, of course, only expect your child to return once they are well enough to do so.

Your child should continue to self-isolate if they still have coronavirus symptoms after 10 days.

Please contact the **school office** as soon as possible if your child needs to self-isolate. For any further days of illness beyond the 10-day isolation period, please inform the **school office** each morning your child is absent.

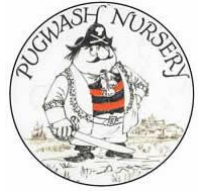
Whilst your child is self-isolating and feeling unwell, they will not be required to complete any school work, just as if they were unwell with any other illness. If, however, they are isolating as a result of a positive PCR test, and they remain well and able to study, their teachers will provide them with remote education. For more questions on remote learning, please take a look at our **school website**.



Rye Community Primary School & Pugwash Nursery
The Grove, Rye, East Sussex TN31 7ND
www.ryeprimary.co.uk

01797 222825
office@ryeprimary.co.uk

Executive Headteacher: Mr Barry Blakelock
Head of School: Miss Kelly Martin



01797 228695
pugwash@ryeprimary.co.uk

Getting tested

If your child is experiencing coronavirus symptoms, you should book a PCR test as soon as possible. You can book a test through the government website – www.gov.uk/get-coronavirus-test - at a testing site or order a test online. We ask that you notify the **school office** of the result of your child's test as soon as possible.

How to help reduce the spread of infection

It is important that everyone in our school community does what they can to help reduce the spread of coronavirus to protect themselves and others. Please remember that it is possible to spread coronavirus even if symptoms are not present. While social distancing guidance is no longer mandatory, the school will ensure that appropriate measures are in place to protect clinically extremely vulnerable pupils and staff by following the relevant government and HSE guidance.

Please ensure your family considers the following actions whenever possible:

- Washing hands regularly with soap and water for at least 20 seconds, especially after coughing or sneezing
- Using an alcohol-based hand sanitiser (recommended 70% and above alcohol content) if soap and water are not available
- Washing hands upon arrival and departure from the school and home
- Using a tissue to cover coughs and sneezes
- Throwing used tissues in the bin immediately
- Avoiding contact with the mouth, eyes and nose with unclean hands
- Wearing face coverings in enclosed and crowded spaces, e.g. on public transport
- Maintaining distance where appropriate
- If you are able to, the best way to stop the spread of infection is to routinely test with an LFD test. One in three cases of COVID are asymptomatic and therefore LFD tests help in identifying cases and reducing levels of infection.

Contacting the school

We ask that you contact the school as soon as possible in the following circumstances:

- Your child is showing symptoms of coronavirus and, therefore, they cannot attend school
- Your child has tested positive for coronavirus
- You have concerns or queries

I would like to take this opportunity to thank you again for your continued support during the coronavirus pandemic and through this transitional period. With your cooperation, we can help ensure all members of our school community remain safe and healthy at school.

Yours sincerely,

Miss Kelly Martin
Head of School