



# St. Michael's Church of England Primary School

Carlisle Road, Dalston, Carlisle, Cumbria CA5 7LN · Tel: 01228 711544 · Acting Headteacher: Mrs L Smith

Our school values: Respect · Kindness · Challenge · Forgiveness · Perseverance

14 March 2022

Dear Parents,

We have twenty-two confirmed cases of COVID-19 amongst our staff and pupils within the school. We appreciate that you may find this concerning. I have been in contact with DfE and PHE this morning and we are continuing to monitor the situation and are providing the following advice:

## **What are we already doing?**

Pupils and staff who have tested positive are staying at home and will return to school once they are well and have completed the recommended isolation period.

Outbreak control measures are also in place within school and are being kept under review. Classes are well ventilated with windows and doors open wherever possible. All adults are wearing face coverings in and around school. Face to face shared assemblies have been suspended and are back to being delivered virtually. Any visitors to the school will be asked to take a lft before arriving, sanitise and wear a face covering.

## **If your child is well**

Our school remains open. If your child remains well, they can continue to attend school as normal.

## **If your child develops symptoms of COVID-19 or tests positive for COVID-19**

If your child develops symptoms of coronavirus (COVID-19), they should take a lft or get a PCR test (<https://www.gov.uk/get-coronavirus-test>) and remain at home at least until the result is known and they are fever free (without medication) for at least 24 hours.

- If negative, the child can end self-isolation and return to school once well.
- If positive, the child should isolate as a positive case (see below)

People who test positive for COVID-19 should self-isolate at home until they are well enough to return, no longer have a temperature and *either*:

- a) 10 full days have passed, *or*
- b) They have produced two negative LFD tests on consecutive days, with the first taken no earlier than day 5.

**Note:** Lingering coughs and changes to smell/taste are *not* a sign of ongoing infectiousness, so children can return to school if they have ended their self-isolation period (see above).

If your child does not have symptoms, count the day they took the test as day 0.

You can seek advice on COVID-19 symptoms from the [nhs.uk website](https://www.nhs.uk). If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

## Advice for people who live in the same household as someone who has tested positive for COVID-19 or is symptomatic and awaiting a test result

Children and young people who usually attend an education or childcare setting and who live with someone who has COVID-19 can continue to attend the setting as normal.

Those who are [at higher risk of severe illness from COVID-19](#) should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not.

People at higher risk of becoming severely unwell if they are infected with COVID-19 include:

- Older people
- Those who are pregnant
- Those who are unvaccinated
- People of any age with a [severely weakened immune system](#)
- People of any age with [certain long-term conditions](#).

For most people, coronavirus (COVID-19) will be a mild illness.

### How to stop coronavirus (COVID-19) spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- [Get vaccinated](#) – everyone aged 12 and over can book COVID-19 vaccination appointments now and all adults have been offered at least 2 doses. Further advice about the recommended vaccination schedule and how to book a vaccine appointment is available [here](#).
- Get tested and stay at home if you have the main symptoms of COVID-19.
- Wash your hands with soap and water or use hand sanitiser regularly throughout the day
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Meet people outside and avoid crowded areas
- Open doors and windows to let in fresh air if meeting people inside
- Wear a face covering if aged 11 and over when it's hard to stay away from other people – particularly indoors or in crowded places with people you do not usually meet

### Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

If you require any further information or I can support you in any way during this time. Please do not hesitate to get in touch.

Yours sincerely



Mrs L Smith  
Headteacher