



Important Information about COVID

Date 4th March 2022

Please read this carefully and email me if you have any questions or concerns. office@lingdale.org

The end of COVID restrictions doesn't mean the end of COVID and whilst many were not seriously ill, a lot of you were poorly. In order to continue to protect our staff, children and families I request you to follow the guidance below.

Can I first draw your attention to the two documents in the links below. It is the Guidance the Government are asking us to follow. I have summarised the important information for you in this letter.

[Schools COVID-19 operational guidance \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

[COVID-19: people with COVID-19 and their contacts - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Tracing close contacts and isolation

Public health advice for People with COVID-19 and their contacts changed from 24 February. Contacts are no longer required to self-isolate or advised to take daily tests, and contact tracing has ended.

Face Coverings

Face coverings are no longer advised for pupils, staff and visitors in classrooms or communal areas.

Stepping measures up and down

We have contingency plans outlining how we would operate if we need to take extra measures in exceptional circumstances. Given the detrimental impact that restrictions on education can have on children and young people, any measures we apply will only ever be considered as a last resort, kept to the minimum number of groups possible, and for the shortest amount of time possible. **The contingency plan will be acted upon if there was an outbreak of COVID in a particular year group or across the school and always in consultation with Public Health.**

You can help by keeping COVID out of school as much as possible.

School Control Measures

We will:

1. Ensure good hygiene for everyone.
2. Maintain appropriate cleaning regimes.
3. Keep occupied spaces well ventilated.
4. Follow public health advice on testing, self-isolation and managing confirmed cases of COVID-19 when an individual develops COVID-19 symptoms or has a positive test

We ask you to maintain the same control measure for your family.

When should I keep my child off school?

Always ring or email us for advice on this but the main reasons to keep your child off school would be:

1. If your child has symptoms of COVID. *If you are concerned they have COVID you should still get a PCR test to confirm this.*
2. If your child has tested positive through a PCR test please follow the isolation guidance. It needs to be at least five days and returning after a negative lateral flow on day 5 & 6.
3. If your child has been in close contact with a positive case and has symptoms.

I have copied below the latest guidance about symptoms and what to do if a family member is displaying them from the NHS website.

This advice is straight from the NHS website

The main symptoms of COVID-19 are:

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

Other symptoms linked with COVID-19 include shortness of breath, fatigue, loss of appetite, muscle ache, sore throat, headache, stuffy or runny nose, diarrhoea, nausea and vomiting. Any of these symptoms may also have another cause.

What to do if your child has symptoms

If your child has any of the main symptoms of COVID-19, even if they are mild:

1. Get a PCR test (test that is sent to a lab) to check if they have COVID-19 as soon as possible.
2. Your child should try to stay at home and avoid contact with other people until you get the test result.

Although it appears over, COVID has not gone completely and we as a school will endeavour to find some normality for your children. They are in much need of it. To help us, we ask you to be vigilant-as always-to keep COVID-19 out of our school.

Thank you for your continued support over the last two years and in the months to come.

Mrs Sarah Thornton

Headteacher