Our Ref: LTM/kmd/covidupdate

5 April 2022



Dear Parents/Carers

Re: Living with Covid Updates

You will be aware that at the end of last week the Government and Department for Education provided further updates on how we will move forward 'living with Covid' which moves to a strategy where vaccines and treatments are the first line of defence. We are asked by the Government to learn to live safely with Covid-19, and to balance that with helping to reduce the risk of catching Covid and passing it on to others. The actions we are now being asked to take will also help to reduce the spread of other respiratory infections. The Government state that most people can no longer access free testing for Covid, we are therefore being asked to treat suspected Covid infections in a similar way to other respiratory infections.

There is separate guidance for people who have been informed by the NHS that they are at highest risk of becoming seriously unwell and who might be eligible for new Covid treatments. For further details please <u>Click Here</u>. This includes older people, those who are pregnant, the unvaccinated, those with certain long-term conditions or weakened immune systems. You will not always know whether someone you meet outside your home is at higher risk of becoming seriously unwell, it is for this reason that we are asked to follow the guidance to reduce the spread of infection below:

- 1. <u>Stay at home</u>: If students have symptoms of a respiratory infection, such as Covid-19, and have a high temperature or do not feel well enough to go to school or carry out normal activities, they are advised to try to stay at home and avoid contact with other people. They should do this until they no longer have a high temperature (if they had one) or until they no longer feel unwell; they are no longer advised to obtain a test. You can find information about these symptoms on the NHS website.
- 2. Reduce spreading: If an individual knows they have had close contact with someone they suspect may have Covid, then the following actions will reduce the chance of passing on the infection to others (note we are no longer being advised to isolate):
 - wearing a well-fitting face covering made with multiple layers or a surgical face mask;
 - avoiding crowded places such as public transport, large social gatherings, or anywhere that is enclosed or poorly ventilated;
 - taking any exercise outdoors in places where you will not have close contact with other people;
 - covering your mouth and nose when you cough or sneeze; wash your hands frequently with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing and blowing your nose and before you eat or handle food; avoid touching your face.
- 3. <u>Guidance Specific for Children</u>: Attending education is hugely important for children and young people's health and their future. Children and young people with mild symptoms such as a runny nose, sore throat or slight cough but are otherwise well, can continue to attend their education setting.

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Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school and resume normal activities when they no longer have a high temperature, and they are well enough to attend.

4. <u>Use of Testing</u>: It is no longer a routine requirement to have a test. If an adult has a positive Covid test result they should try to stay at home and avoid contact with other people for 5 days after the day they took the test. For children (and those 18 years and below), the requirement is 3 days. Please note, it is not recommended that children and young people are tested for Covid unless directed to by a health professional.

Please be aware of the following further updates that are now in place at school:

- All absence of pupils is now recorded as 'illness'.
- Tests are no longer recommended for pupils (only if directed by a doctor).
- It will only be a 'test' result that will lead to recording absence as a 'Covid' absence.
- Students who take a test and realise they have Covid should isolate for 3 days (those 18 or over for 5 days).
- We are asked to move our efforts into preventing spread eg. use of masks if we think we might have been infected, rather than testing / isolating.
- Ensuring occupied spaces are well-ventilated and let fresh air in.
- Reinforcing good hygiene practices such as hand washing and cleaning.
- Schools are no longer required to set work for those students who are off with Covid-type symptoms as this is now recorded as general absence.

In the event of a student being too unwell for school or who has a positive Covid result we would ask that a parent/carer leaves a message on the dedicated school absence line. Please include your child's name, year group and/or tutor group and a brief reason for absence. If it is Covid related, please also indicate the date that you expect them to return to school.

Thanks as always for your support.

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Lee Tristham

Headteacher