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Dear Parents and carers,

We are very aware of the huge amount of guidance that is currently being given regarding COVID 19 so please contact school if you are unsure and we will do our best to help. Over the last few days there has been some level of confusion around the requirements if anyone in your household displays any of the three main symptoms associated with Covid-19 (Coronavirus).

As is becoming increasingly clear, the virus is now spreading at a much faster rate and so it is vital that our school stays vigilant and everyone within the school communities follow all the rules when it comes to suspected cases.

Symptoms: Although Covid-19 can present with a number of symptoms, the ones that mean you need to self-isolate and get a test are as follows:

a high temperature (note that there is no longer a specific temperature given to define 'high');

- a new, continuous cough;
- a loss of, or change to, your sense of smell or taste.

****PLEASE NOTE – IF SOMEONE IN YOUR HOUSE DISPLAYS ANY ONE OF THESE SYMPTOMS, THE WHOLE HOUSEHOLD MUST SELF-ISOLATE (SEE BELOW)****

Self-Isolation: If you have symptoms of COVID-19, however mild, you must self-isolate until you have either received a negative test result (subject to conditions) or the time periods below are completed:

10 days from the onset of symptoms and 14 days for anyone else in your household and support bubble;

If, during the 14 day isolation period for the household, someone else displays symptoms, they must isolate for 10 days from that point, even if that goes beyond the original 14 days.

Testing: The only way to potentially not have to self-isolate for 10 or 14 days is to be tested and for everyone else in the household/support bubble **who has displayed symptoms** to be tested. The NHS website is very clear about this:

- “If you had a test because you had symptoms, you and anyone you live with must stay at home (self-isolate) until you get your result. Anyone in your support bubble must also self-isolate until you get your result”

If you, or anyone else in the house receives a positive test result, you must then continue the isolation periods above, even if someone else in the household has a negative test. If, however, there is a negative result you can stop self-isolation, as long as (all four must apply):

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- Everyone you live with **who has symptoms** tests negative;
- Everyone in your support bubble **who has symptoms** tests negative;
- You were not told to self-isolate for 14 days by NHS Test and Trace;
- You feel well – if you feel unwell, stay at home until you're feeling better.

If you receive an "Unclear, void, borderline or inconclusive test result", you must continue self-isolation and book another test.

Implications for School: If a child at school is off because of one of the symptoms listed above, even where that symptom may appear to be a result of something else, your child will need to be tested before returning to school, or will need to self-isolate for the listed time-periods.

If another member of the household has symptoms (such as a sibling at another school) then we will also expect the child to be off until appropriate tests have taken place or the self-isolation period is up. All siblings will be sent home alongside the child with symptoms as part of the requirement for the whole household to self-isolate.

Getting a Test: This bit *should* be relatively easy, but we know that the testing system continues to struggle. The link to book a test is here: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

School Work:

If the current guidance means that your child is at home but feels well, then our website still has a section on it called 'Learning at home' under the 'Parents' tab. There are links on here to lots of useful websites to help.

https://www.cromfordcofeschool.com/website/learning_at_home/458378

There is also the Oak National Academy which has video lessons for every year group.

<https://www.thenational.academy>

If you are unable to access these sites, then please let us know as we may be able to provide printed packs.

Although there is a lot of information in this letter, I hope it provides some degree of clarity, but please don't hesitate to contact us if you have any questions at all.

Keep well and safe.

Yours sincerely

Liz Foster
Headteacher

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