

Staverton Road,
Daventry,
Northamptonshire.
NN11 4HW.
Tel: (01327) 705785
www.thegrange.northants.sch.uk

Advice to All Parents - warn and inform

Dear Parents,

This letter is to advise you that we have confirmed COVID-19 cases within the school setting.

We know that you may find this concerning but we would like to reassure you that we are continually monitoring the situation and ensuring that we comply with government guidelines. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

Please be aware that we are still complying with the government's current safety advice, and have implemented further additional measures.

Test and Trace are now responsible for ensuring that any close contacts are contacted. You should have heard from them if your child has been identified as a close contact. You will be advised to book a PCR test at the test centre but your child can continue to attend school in the meantime, provided they are not showing any symptoms of coronavirus.

The school setting remains open and your child should continue to attend as normal if they remain well. We encourage household members that are aged 11 and over to continue with twice weekly LFD testing to help identify cases promptly.

What to do if your child develops symptoms of coronavirus (COVID-19) or tests positive for COVID-19
If your child develops symptoms of coronavirus (COVID-19), they should get a PCR test and remain at home at least until the result is known.

If negative, the child can end self-isolation; if positive, the child should isolate until at least 10 days after their symptoms appeared.

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Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia).

If the child has a positive test result but does not have [symptoms](#), they should stay at home and self-isolate for 10 days from the date the positive test was taken. This isolation period will be extended if they go on to develop symptoms by counting 10 full days from the day following their symptom onset. Anyone with symptoms will be eligible for a PCR test (the normally available test type) and this can be arranged via [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](#) or by calling 119. Instructions for people who live in the same household as someone with COVID-19 (tested positive or symptomatic awaiting a test result)

You are not required to self-isolate if any the following apply:

- you are fully vaccinated
- you are below the age of 18 years 6 months
- you have taken part in or are currently part of an approved COVID-19 vaccine trial
- you are not able to get vaccinated for medical reasons

Fully vaccinated means that you have been vaccinated with an MHRA approved COVID-19 vaccine in the UK, and at least 14 days have passed since you received the recommended doses of that vaccine.

NHS Test and Trace will contact you to let you know that you have been identified as a contact and check whether you are legally required to self-isolate. If you are not legally required to self-isolate, you will be provided with advice on testing and given guidance on preventing the spread of COVID-19. Even if you do not have symptoms, [you will be advised to have a PCR test as soon as possible](#).

Any member of the household who is aged 18 years and 6 months or over and has only received one dose of COVID-19 vaccine or has not received any dose of the COVID-19 vaccination will still be required to self-isolate. Please read the [stay at home guidance](#) which provides information on this.

Household members who are not exempt from isolation as close contacts should not go to work, school/college/childcare/education setting or public areas, and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online. Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

You could be fined if you do not self-isolate following a notification by NHS Test and Trace. You may be entitled to a one-off payment of £500 through the [NHS Test and Trace Support Payment scheme](#) if you are

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required to stay at home and self-isolate or you are the parent or guardian of a child who has been told to self-isolate.

Those who are [clinically extremely vulnerable](#) should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not. Even if you are vaccinated, you can still be infected with COVID-19 and pass it on to others. If you are identified as a contact of someone with COVID-19 but you are not required to self-isolate, you can help protect others by following the [guidance on how to stay safe and help prevent the spread](#). As well as getting a PCR test, you may also consider:

- limiting close contact with other people outside your household, especially in enclosed spaces
- wearing a face covering for those aged 11 and over in crowded places such as school/college/public transport
- limiting contact with anyone who is clinically extremely vulnerable
- taking part in [regular LFD testing](#)
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You should follow this advice while the person in your household with COVID-19 is self-isolating.

If you are a health or social care worker or a student undertaking a work placement who has been identified as a household contact and are exempt from self-isolation, there is [additional guidance available](#) that you should follow to reduce the risk of spread of COVID-19 in these settings.

If you develop [symptoms](#) at any time, even if these are mild, self-isolate immediately, [arrange to have a COVID-19 PCR test](#) and follow the [guidance for people with COVID-19 symptoms](#).

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

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. 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.

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 18 and over can [book COVID-19 vaccination appointments](#) now and 16-17 year olds are being offered 1 dose of the vaccination by 23 August
- 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

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- 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
- participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over). We encourage you to log your results here: <https://www.gov.uk/log-test-site-covid19-results>

Further Information

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely

Vicki

Vicki M M Masters

Head Teacher

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