



# St. Paulinus Catholic Primary School

Inspiring all to live, learn and love in the light of Jesus.

(cf John 8:12)



Friday 14<sup>th</sup> January 2022

Dear Parent / Guardian / Carer,

## **COVID-19 update – important**

I am writing to you today to inform you that unfortunately, we have or have had positive cases of Coronavirus in nearly every year group both with children and with adults. We continue to monitor the situation carefully to see if the cases are clearly linked to an “outbreak” in school, which is where extra measures will be put in place by the local health protection team, and this could include bubble closures. I am sure, all parents do not want to return to home learning and school does not want to do that either. With this in mind, it is vital that every member of the St Paulinus community follows these clear directions, and I am saddened to say that this has not been the case since returning to school.

1. If you or your child feels unwell, especially if either of you have the symptoms of coronavirus, you must isolate and get a PCR test immediately. Lateral flow tests are for people with no symptoms. We are finding that children who are displaying symptoms linked to colds and flu are testing positive, so it is better to be safe than sorry. **Your child is NOT allowed to come to school while waiting for their PCR result.**
2. If your child has been a close contact of a positive case and they are over 5 years old, they must take a daily Lateral flow test before coming to school for 7 days after contact. The results of the negative test must be logged on the NHS website and then you must send a copy of your notification and a photo of the test result to school so we know they are safe to come in. If this is not possible, please contact Mrs Watt in the office for further advice.

Yes, in answer to many parent questions, judging by the cases we have had in school, the illness is not lasting as long as it did previously and is not having as serious an impact on long term health. Of course, it is important to note that everyone will react differently and so it is still important that we all work together to protect each other. We have had a few cases this last week where school has advised that parents get a test – it is important that you follow this advice if you are given it. If in doubt, please ring Mrs Watt in the office and she will talk through it all with you. Better to miss a couple of days of school than to pass on a virus to the class or a teacher and potentially close the whole bubble or leave a class without a teacher for a longer amount of time.

**Please be aware that you must provide school with your notification of a negative test to return to school and send a photo of the lateral flow test. If you are advised to take a test, your child must not come to school before we have seen this evidence and if they do, they will be sent home.**

If we all work together we can keep each other safe. Below you will see the latest version of the letter from the DfE/ NHS advice for parents but please note there will be an updated one from Monday.

Thank you for your continued support,

Miss Hayes  
(Headteacher)

*'An outstanding school, which is deeply committed to the Catholic mission... this school inspires all within this faith community to live life to the full.'* Ofsted 2017

## **General letter to all school students / parents / guardians and staff**

### **Advice to All Parents - warn and inform**

Dear Parents,

We have been advised that there has been a confirmed case/s of COVID-19 within the school/nursery/college/ setting.

We know that you may find this concerning but we are continuing to monitor the situation and are providing the following advice. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

The school/nursery/college/ 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. This 10 day isolation period can be ended early on day 7 where two negative LFD tests are taken 24 hours apart on days 6 and 7 but NHS Test and Trace will be able to advise you of this.

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). 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)**

From 14 December, anyone aged 5 years and over who lives in the same household as someone with COVID-19 and who is not legally required to self-isolate is now strongly advised to take an LFD test every day for 7 days. If any of these LFD tests are positive they should self-isolate in order to protect other people.

If they test negative, they can continue to attend their education setting or workplace. If they test positive, they should self-isolate (there is a temporary hold on the requirement to get a PCR and the LFD test is taken as a true positive).

Children aged 4 years and under do not need to take part in daily testing as contacts of COVID-19 and do not need to isolate.

This advice is in addition to the changes introduced on 16 August 2021. You are not legally required to self-isolate **if** you are a contact of someone who has tested positive for COVID-19 and any of 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.

**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 as household contact of a someone with COVID-19 symptoms awaiting testing and someone who has tested positive for COVID-19.** 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 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.

### **Instructions for household contacts who are not required to self-isolate from 14 December**

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 taking daily LFD tests for 7 days, 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

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
- 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/>