

Ardleigh St. Mary's CEVC Primary School



Nurturing the Seeds of Success

Headteacher : Mr. N Kempster

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24th January 2022

Dear Parents/Carers,

COVID-19 Update

The speed at which the official guidance is changing, and the level of detail that goes into each update, can leave even the most diligent of us a little confused as to what to do for the best. Therefore, in an attempt to clarify things for all concerned, we thought it prudent to pull out the sections that apply to our school community.

Symptoms and Testing

The main symptoms of COVID-19 are still listed as:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell

However, with the Omicron variant becoming more and more prevalent in society, the following symptoms should also be considered as signs of a possible COVID-19 infection:

- runny nose
- headache
- fatigue (mild or severe)
- sneezing
- sore throat

Ardleigh St. Mary's CEVC Primary School complies with GDPR and the Data Protection Act 2018

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<http://www.ardleighstmarys.org.uk/Resources/user/Main%20Privacy%20Notice%20-%20November%202020.pdf>

If you do not have access to the internet, please contact the School Office who will provide you with a hard copy.

If your child has any of these symptoms, you must keep them at home and arrange for a **PCR test**. This is the case even if your child has had a negative **LFD test** result. Where there are symptoms, a **PCR test** is the one to use. Any child with the above symptoms will not be allowed back to school without confirmation of a negative **PCR test**. This is to limit the spread of COVID-19 within the school community and in accordance with the current Government guidance.

Lateral Flow Tests should still be used to identify COVID-19 in children who have **no symptoms**.

This could be because your child has been identified as a contact of someone who has tested positive, in which case we will ask you to arrange for your child to undertake daily LFD testing for seven days, or because you have decided to test your child routinely while the Omicron variant is still so easily transmitted. Both of these measures are vital in slowing the spread of the virus.

If your child is identified as a contact

We will continue to inform you in writing that there has been a positive case of COVID-19 within the school community and whether, as a result, your child may have been in close contact with an individual who has tested positive.

In order to reduce the risk of further positive cases within the school community, we will ask you to please arrange for your child to undertake daily **Lateral Flow testing** for seven days.

Whilst they remain negative, your child does not need to self-isolate and should continue to attend school.

If your child tests positive

If your child has any of the symptoms listed above, they should remain at home until you receive the results of their **PCR test**. Any child with symptoms will not be allowed to return to school without confirmation of a negative **PCR test**.

If your child tests positive on an **LFD test** or a **PCR test**, they should isolate immediately for 10 days.

If the positive result came from an LFD test, they **do not** need to get a PCR test to confirm. Positive cases should isolate for **10 full days**, however, isolation can end early if your child gets a negative **LFD test** on day 5 and day 6 - they can then return to school on day 6. These negative tests must be at least 24 hours apart.

If they continue to test positive, then they can repeat the test the next day and each subsequent day until they get **two consecutive** negative results or reach the end of the 10 day isolation.

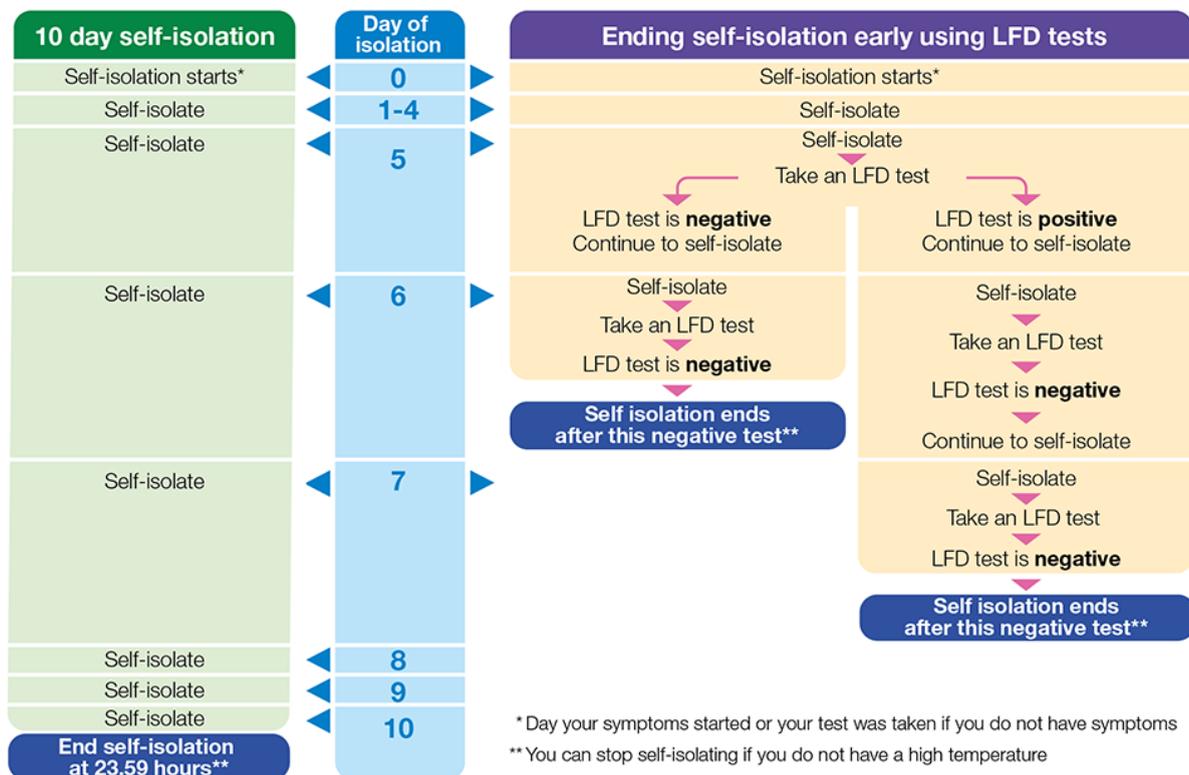
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In reality, this process looks like this:



Therefore, if your child developed symptoms or had a positive **LFT test** result on a Friday morning, that would be Day 0.

Days 1-4 would be Saturday - Tuesday, meaning the first opportunity to take another **LFD test** would be Wednesday (Day 5).

If the **LFD test** was taken at 8am on Wednesday (Day 5) and showed a negative response, your child could then take another LFD test at 8am on Thursday (Day 6). Providing this test was also negative, they could return to school immediately that day.

If your child doesn't have **two consecutive, negative LFD test results**, they must continue to isolate until 11:59pm on Monday (Day 10). This means that unless they still feel unwell or have a temperature, they can return to school on Tuesday - the day after Day 10.

A cough and/or loss of taste and smell may continue for a number of weeks after infection. Your child may still return to school with these symptoms, as long as they feel well enough to do so and do not have a temperature.

Kind regards

Mr N. Kempster
Headteacher

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