



## "We Grow Together in God's Love"

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Dear Parents,

Following the recent changes in guidance announced by the government on 1<sup>st</sup> April, we would like to clarify what you need to do if your child becomes ill.

Children and young people who are unwell with symptoms of COVID-19 and who either have a high temperature or feel too poorly for school, should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.

We are no longer being advised to test for COVID-19 even for individuals who have symptoms. Where families still have tests at home and decide to use them, the isolation guidance has been updated. Children with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 3 days, which is when they are most infectious. Adults with a positive COVID-19 test result should do the same for 5 days.

The list of symptoms of COVID-19 has been updated. They can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

We therefore remind you not to send your child into school if they are unwell. If we feel your child is unwell, in order to protect the other pupils and staff, we will ask you to collect them.

Thank you for your support in helping to keep our school safe.