



22nd January 2024

Dear Parent/Carer,

Changing Times – COVID responses

We're heavily into the winter months now, and many of you will be seeing or feeling an increase in the levels of illness in and around your household. In the shadow of COVID in years gone by it is easy to feel unsettled by the nature and frequency of conditions which are circulating and sometimes it difficult as parents to know how to respond to these.

What do I need to do as the parent of an unwell child?

Quite simply – if you feel that your child is not well enough to come to school, keep them at home and take care of them. If you feel that your child is well and does not have a high temperature, they can come to school.

What do I need to do as an unwell parent?

Again – if you feel that you are not well enough to bring your child to school, approach a friend or neighbour who might help you in getting your child to school. Alternatively get in touch with us - we would be pleased to help in any way that we can.

What about COVID?

The current guidance issued by the UKHSA around COVID states that:-

*..... it is **not recommended** that children and young people are tested for COVID-19 unless directed to by a health professional.*

*For children and young people aged 18 and under **who are recommended** to take a COVID-19 test by a health professional and test positive, the advice is to **try to stay at home and avoid contact with other people for three days**. This is because children and young people tend to be infectious to other people for less time than adults*

Adults are no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. Adults with a positive COVID-19 test result are advised to try to stay at home and avoid contact with other people for five days, which is when they are most infectious.

This makes clear that COVID testing does not need to take place unless a health professional says that this is needed. With this in mind please don't feel obliged to carry out testing before, during or after illness due to school. Take care of yourself and your children, respond to how they and you are feeling, staying at home and looking after yourselves where necessary.

Yours sincerely,

Scott Hampton
Head Teacher