



# ST MARY'S CATHOLIC PRIMARY SCHOOL

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Headteacher: Mrs. R. Akehurst

Friday 7<sup>th</sup> January 2022

Dear Parents and Carers,

Happy New Year to you all. I trust that you and your families had an enjoyable break and are keeping safe at this time. It was wonderful to meet all the children this week; on Wednesday I delivered Phase assemblies about the Epiphany; as well as popping in to see them in the classrooms. The classrooms have been a hive of activity and the children have settled back well into school life.

## **Please note:**

We ask that adults continue to wear face coverings in and around the school site and our usual precautions will be in place in school to reduce any spread of infection. We would be grateful for your support in following areas:

- Lateral Flow Test before returning to school, and only return if the result is negative.
- If your child shows any symptoms of Covid at all, however mild, they should isolate and get a PCR test, then only return if the result is negative. Symptoms are listed in the **Appendix 1**.
- Following a positive test, the isolation guidance has changed. The information is listed in the **Appendix 2**.

We realise that this will impact negatively on attendance at times. Therefore, please ensure that your child attends school every time they possibly can in order to minimise any disruption to their education. As always, home learning will be provided for children who are isolating if they have had a positive test result. They only need to complete the work if they are well enough. Home learning will not be given for children absent from school for any other reason.

Thank you for welcoming me to St.Mary's School and I hope to meet you all in due course. As always, we appreciate your support as we continue to navigate the ever-changing Covid landscape.

Yours sincerely

Mrs. Rosemary Akehurst  
Headteacher

**Appendix 1** – Covid symptoms in children Children can get coronavirus (COVID-19), but they seem to get it less often than adults and it's usually less serious. The main symptoms of COVID-19 are:

- a high 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 sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal.

However, please also look out for:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhoea

We strongly recommend taking a PCR test for the onset of any of these symptoms.

**Appendix 2** – isolation following a positive test Since Wednesday 22 December, the 10-day self-isolation period for people who record a positive test result for COVID-19 has been reduced to 7 days in most circumstances (unless you cannot test for any reason, in which case the full 10-day isolation period is required). Individuals may now take Lateral Flow Device (LFD) tests on day 6 and day 7 of their self-isolation period. Those who receive two negative test results are no longer required to complete 10 full days of self-isolation. The first test must be taken no earlier than day 6 of the self-isolation period and tests must be taken 24 hours apart. This also applies to children under 5, with LFD testing at parental or guardian discretion. If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result and return to your education setting from day 8.