



St Osyth C of E Primary School

A member of the Diocese of Chelmsford Vine Schools Trust

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Dear Parents and Carers,

This letter sets out our approach to COVID19 following the recent national changes to legislation and to guidance.

The NHS advice is currently that, 'While you're no longer required by law to self-isolate if you have COVID-19, you should still stay at home and avoid contact with other people. This helps reduce the chance of passing COVID-19 on to others.' This advice runs to, at least 1st April 2022.

We should all follow this advice. Therefore we:

1. Encourage parents/carers to keep their child at home, if they have any of the main symptoms of COVID19 or if they have tested positive for COVID19.
2. Will tell parents/carers if, in school, their child is showing any of the main symptoms of COVID19.
3. Will have staff isolating if they have any of the main symptoms of COVID19 or if they have tested positive for COVID19.

The length of time for isolation, for children and staff will be as the guidance from the NHS. This is set out below and can be found at <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

How long to stay at home:

- If you have COVID-19, you should stay at home while you're infectious to others.
- This can be for up to 10 days from when your symptoms start. Many people will no longer be infectious to others after 5 days.
- You can do a rapid lateral flow test from 5 days after your symptoms started (or the day you had the test if you do not have symptoms) and another the next day.
- If both tests are negative and you do not have a high temperature, you're less likely to pass COVID-19 to others and you can go back to your normal routine.
- If your test result is positive on day 5, you can carry on doing rapid lateral flow tests every day until you get 2 negative test results in a row.

The NHS continues to say that the main symptoms of COVID19 are:

- a high temperature – this 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 (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If we continue to work together, we can continue to enable children to get the good education they need and for children, their families and our staff to be as safe as possible whilst still living a 'normal' life.

If you have any questions or queries about this, please speak to me or another senior leader.

Yours sincerely,

Mr M Carter-Tufnell (Headteacher)