

12th February 2021

Dear Parent/Carer,

We would like to remind all of our families to please adhere to Government guidance if you notice the following symptoms in a member of your household:

- **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 three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual),
- **a loss or change to sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Please book a test for the individual who is unwell and self-isolate as a household while you wait for the results. Please do not send children into school while a member of their household is waiting for a test result. To book a test visit NHS.UK or contact NHS 119 via telephone if you do not have internet access.

We have recently noticed a higher rate of positive cases of Covid-19 both in school and in the local community. We have noted that some of our school community have not always displayed classic Covid-19 symptoms at the start of their illness. Please be vigilant and think twice about sending children into school if they experience the following;

- Headache,
- Upset stomach,
- Cold-like symptoms, including a blocked nose or sore throat,
- Excessive tiredness,
- General feeling of being unwell.

In most cases these symptoms will be usual childhood illnesses and we are of course aware that there will be many other viruses circulating during winter. However, please show extra caution and monitor for any further symptoms if your child feels unwell at all.

Thank you for your continued support.

Mrs S Rostron & Mrs A Black
Co-Heads of School

Learning, Caring, Growing Together

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