



The Heights Primary School
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25th February 2022

Dear Parents/Carers,

As you are aware, the Government guidance and advice for people with COVID 19 and their contacts was updated on the 24th February. Please visit the link below for further details:

<https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts>

Whilst there is no longer a **legal** requirement for people with the COVID infection to self-isolate, **IF** your child has any of the main symptoms of COVID 19, or a positive test result, the public health advice is still to **stay at home and avoid contact** with other people.

This will continue to help minimise the spread of COVID throughout the school and risk to clinically vulnerable, and clinically extremely vulnerable pupils, parents and members of staff.

The main symptoms of COVID 19 are a recent onset of any of the following:

- A new continuous cough
- A high temperature
- A loss or change in your normal sense of taste or smell

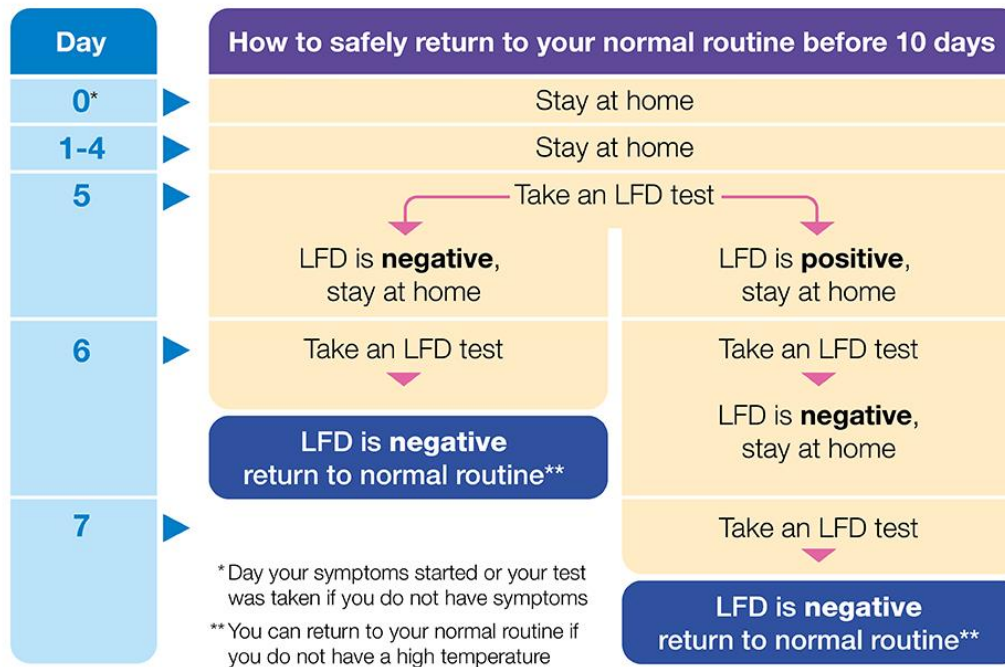
If your child has any of these symptoms please order a PCR Test and stay at home whilst awaiting the result.

If your child has COVID-19, they can infect other people from 2 days before the start of any symptoms, and for up to 10 days after. They should stay at home and must not come to school.

If a child is testing positive for COVID-19 but asymptomatic, we ask that they do not attend school as there is a likelihood that they are infectious.

Many people will no longer be infectious to others after 5 days. Your child can take an LFD test from Day 5 after their symptoms started, (or the day the test was taken if they did not have symptoms), followed by another LFD test the next day. If both these test results (Day 5 and 6) are negative and your child does not have a high temperature, they can return to school.

(See flow chart below).



Other symptoms linked with COVID-19, include shortness of breath, fatigue, loss of appetite, muscle ache, sore throat, headache, runny nose, diarrhoea, nausea and vomiting. Any of these symptoms may also have another cause.

In school, we will continue to:

- Ensure good hygiene for everyone
- Maintain appropriate cleaning regimes
- Keep classrooms and other occupied spaces well ventilated
- Monitor the CO2 levels within the above spaces and take steps to improve fresh air flow when and where necessary.
- Follow public health advice on testing, self-isolation and managing confirmed cases of COVID-19.
- Support the choice of any pupil, member of staff or visitor to the school, to wear a face covering or mask.
- Have specific Risk Assessments in place for extremely clinically vulnerable pupils or members of staff in school.

Please note that the school will no longer be supplied with LFD tests as there is no longer a requirement for members of staff to take these tests twice weekly. The wearing of face masks

(both staff and parents) is now a personal choice unless we have an outbreak in school, in which case we will review this position.

We understand that availability of tests may be more limited now, than previously, and we would still encourage you to be vigilant and aware of all the possible symptoms. We would also welcome regular testing of other household members in the event of a positive Covid case within it.

In the event of an outbreak in school, we will seek public health advice, which may suggest that staff and pupils undertake testing for a period of time.

We do hope that we can enjoy a more COVID free period in school from this coming term and that you will continue to support us in our efforts to minimise the risks for everyone in our school community.

Thank you as always for your continued support and understanding.

A handwritten signature in black ink, appearing to read 'Karen Edwards', with a stylized, cursive script.

Karen Edwards