

ST. BEDE'S RC PRIMARY SCHOOL

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Mrs E Alderson
Head Teacher



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Dear Parents/Carers,

After several very challenging months, it is lovely to have the children back at school. Children have settled in well and adapted very well to our new routines. Following a prolonged break, it is common for colds and similar viral infections to circulate. In some cases, children will have very minor cold symptoms (slight runny nose) and will be able to attend school and continue their learning. In other cases, for instance when children have quite a heavy cold, they may need a few days off school to recover. Because of the current situation we are asking parents to err on the side of caution. This means that if your child is clearly not well they should stay away from school until they feel better.

However, this is not the case for children with potential COVID-19 symptoms.

It is important that we are all vigilant for symptoms of COVID-19 and understand what actions we should take if someone develops them, either at school or at home.

The main symptoms to be aware of are:

- New continuous cough
- Fever/high temperature
- Loss of, change in, sense of taste or smell

If your child develops any of the above symptoms, they should self-isolate and you should book them a test as soon as possible at <http://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

It is essential **people with COVID-19 symptoms, or in a household with someone who has symptoms, do not attend school and must self-isolate with all members of the household.** If the test is negative, self-isolation can end for everyone. If the test is positive, NHS Track and Trace will contact you to give you further advice. We have attached a handy flow chart for reference.

In summary, if your child has cold-like symptoms, such as a runny nose, but **does not** have any of the COVID-19 symptoms, they do not need to be tested and they and you **do not** need to self-isolate. However, even if your child has no COVID-19 symptoms, they may still need to stay away from school for a few days if they are not fit to attend or at risk of infecting others.

If you are unsure of how to proceed regarding your child's health we would always advise you to seek medical advice from your GP or contact the NHS via **111.nhs.uk** or call **111**.

Kind regards,

Mrs E Alderson

Head Teacher

