

REF: SAF/tlb

Monday 28th February 2022

Dear Parents and Carers

We are enjoying welcoming students and staff back to school today and hope that everyone has had an enjoyable half-term holiday with minimal impact from Storm Eunice.

Recent changes in guidance have come into effect following the Prime Minister's announcement of moving to the government's 'Living with COVID-19' plan. I am writing to summarise the key changes that affect Newquay Tretherras:

New guidance on self-isolation for people with Covid and their contacts

Over half term the government updated its guidance for schools to reflect the removal of the legal requirement for people with Covid to self-isolate from 24th February 2022:

- Whilst it is no longer mandatory to self-isolate if you have Covid, **if you have any of the main symptoms** (a recent onset of a new continuous cough; a high temperature; or a loss of, or change in, your normal sense of taste or smell) **or a positive test result, the Public Health advice is to stay at home and avoid contact with other people.**
- Children and young people with Covid-19 should not attend Newquay Tretherras while they are infectious, as it is necessary to protect other pupils and staff from possible infection with Covid-19. They should take an LFD test from five days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these test results are negative, they should return to school, as long as they feel well enough to do so and do not have a temperature.
- Children and young people who live with someone who has Covid-19 should continue to attend school as normal.

Testing

Until 31st March, everyone should arrange for a PCR (covid test) in the usual way if they have symptoms. If positive, they should stay off for ten days. They can return on day six providing they have tested negative on both day five and day six.

Routine asymptomatic testing (twice a week LFT tests) has now stopped for most education and early years settings.

The overarching objective is to maximise the number of children and young people in face-to-face education or childcare and minimise any disruption, while protecting those most vulnerable to increased risk from COVID-19.

What can we do now to protect ourselves?

Individuals can still reduce the risk of catching and passing on Covid-19. The best way to live safely with COVID-19 is to:


1. Get vaccinated. Children aged 12+ or who are high risk can get a vaccine. Children over five who are not high risk will be invited to get the vaccine from April.
2. Let fresh air in if meeting others indoors
3. Wear a face covering in crowded and enclosed spaces, especially where you come into contact with people you do not usually meet
4. Stay at home if you are unwell
5. Taking a test if you have Covid symptoms (if you have a new continuous cough, high temperature or loss of taste and/or smell). Stay at home for seven days unless you have a negative LFD test result on days five and six
6. Wash your hands and follow the advice to 'Catch it, Bin it, Kill it' if you are going to cough or sneeze.

In summary, the guidance is that anyone with Covid-19 symptoms should be asked to stay at home and take a PCR test, and that anyone with a positive test should be required to stay at home for ten days or until they test negative for two consecutive days from day five, whichever is the sooner.

I hope this provides some clarity.

With best wishes,

Yours sincerely



MRS S FAIRBAIRN
Executive Headteacher