

REF: HT/parent/tlb

Wednesday 9th March 2022

Dear Parents and Carers

We have been advised that there are a growing number of confirmed cases of COVID-19 within the school this week. This is not only affecting student absence but also staff absence. We are covering lessons primarily by the staff we have left in the building and Tretherras staff are going 'above and beyond' to cover for colleagues during lessons and break duties. Thank you for your patience and understanding during this ongoing challenge.

Whilst the legal obligation to test and isolate has recently changed, guidance remains to inform people where there are cases identified, and to introduce recommendations to help reduce transmission and allow us to continue with our priority of face-to-face education. Whilst we appreciate that you may find the identification of cases concerning, we are working closely with Cornwall Council Public Health Team to monitor the situation. This letter is to provide you with advice on how to support your child.

What are we already doing?

Students and staff who have tested positive are staying at home and will return to the setting once they are well and have completed the recommended isolation period. Outbreak control measures have been introduced and are being kept under review.

What can you do to help us?

Whilst the school's priority is to ensure that we continue to maximise the number of children and young people in face-to-face education and minimise any disruption, we are asking you to consider your child's wellness before sending them in each morning. If your child is unwell at all, the best place for them to be is at home and not in the school until they feel better. With other winter bugs circulating as well as COVID-19, can we please ask you to follow some basic guidance:

- Sickness and diarrhoea – Children must remain off school until at least 48hrs after the diarrhoea and vomiting has stopped.
- Flu- like illness (cough, headache, fever and body aches) – Children should remain off school whilst feeling unwell and until at least 24hrs after the resolution of any fever – without medical intervention (Calpol etc). Currently we would also recommend following the COVID-19 guidance as well, due to the symptoms being so similar.
- The government continues to recommend that anyone who is displaying any of the main COVID-19 symptoms to seek a PCR test.

If your child develops symptoms of COVID-19 or tests positive for COVID-19

If your child develops symptoms of coronavirus (COVID-19), they should get a PCR test (<https://www.gov.uk/get-coronavirus-test> or call 119) and remain at home at least until the result is known and they are fever free (without medication) for at least 24 hours.

- If negative, the child can return to school once well.
- If positive, the child should isolate as a positive case (see below)

People who test positive for COVID-19 should self-isolate at home until they are well enough to return, no longer have a temperature and *either*:

- a) 10 full days have passed, or
- b) They have produced two negative LFD tests on consecutive days, with the first taken no earlier than day 5.

Note: Lingering coughs and changes to smell/taste are *not* a sign of ongoing infectiousness, so children can return to school if they have ended the recommended self-isolation period (see above).

If your child does not have symptoms, count the day they took the test as day 0. You can seek advice on COVID-19 symptoms from the [nhs.uk website](https://www.nhs.uk). If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

Advice for people who live in the same household as someone who has tested positive for COVID-19 or is symptomatic and awaiting a test result

Children and young people who usually attend an education or childcare setting and who live with someone who has COVID-19 can continue to attend the setting as normal.

Those who are [at higher risk of severe illness from COVID-19](#) should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not. People at higher risk of becoming severely unwell if they are infected with COVID-19 include:

- Older people
- Those who are pregnant
- Those who are unvaccinated
- People of any age with a [severely weakened immune system](#)
- People of any age with [certain long-term conditions](#).

How to reduce spread of COVID-19 if you live with someone who has COVID-19

Even if you are vaccinated, you can still be infected with COVID-19 and pass it on to others. People who live in the same household or have had an overnight stay with someone with COVID-19 or at highest risk as they are more likely to have had prolonged contact., you can help protect others by following the [guidance on how to stay safe and help prevent the spread](#).

To reduce the spread of COVID-19 in your community:

- Minimise your contact with the person who has COVID-19
- Work from home if you are able to do so (children and young people who are close contacts should continue to attend childcare and education as normal)
- Avoid contact with anyone you know who is at [higher risk of becoming severely](#) unwell if they are infected with COVID-19, especially those with a severely weakened immune system.
- Limit close contact with other people outside your household, especially in enclosed spaces (when not in school)
- Wear a well-fitting [face covering](#) with multiple layers or a surgical face mask for those aged 11 and over in crowded, enclosed or poorly ventilated spaces and when you are in close contact with other people
- Pay close attention to the [main symptoms of COVID-19](#). If you develop these symptoms [order a PCR test](#). You are advised to stay at home and avoid contact with other people while you are waiting for your test result.

Follow the guidance on [how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

You should follow this advice for 10 days after the person you live with or stayed with symptoms started (or the day their test was taken if they did not have symptoms).

If you are a health or social care worker or student undertaking a work placement, there is [additional guidance](#) available that you should follow to reduce the risk of spread of COVID-19 in these settings.

If you develop symptoms at any time, even if these are mild, you are advised to stay at home and avoid contact with others, [arrange to have a COVID-19 PCR test](#) and follow the [guidance for people with COVID-19 symptoms](#).

For most people, coronavirus (COVID-19) will be a mild illness.

How to stop coronavirus (COVID-19) spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- [Get vaccinated](#) – everyone aged 12 and over can book COVID-19 vaccination appointments now and all adults have been offered at least 2 doses. Further advice about the recommended vaccination schedule and how to book a vaccine appointment is available [here](#).
- Get tested and stay at home if you have the main symptoms of COVID-19.
- Wash your hands with soap and water or use hand sanitiser regularly throughout the day
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Meet people outside and avoid crowded areas
- Open doors and windows to let in fresh air if meeting people inside
- Wear a face covering if aged 11 and over when it's hard to stay away from other people – particularly indoors or in crowded places with people you do not usually meet

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely

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Executive Headteacher