



Children who are symptomatic:

- Main symptoms to be aware of
- What you should do
- What we will do

Dear Parents,

A small number of parents have contacted me to ask advice about what to do if their child has a cough, runny nose etc. Understandably, they are concerned, as are other parents, about what they should do and about what the school will be doing about it. This letter is to provide information for all parents.

Firstly, please remember that it is completely impossible for me to make any judgement about the symptoms your child may exhibit if I am not with them and even then, I can only base a judgement on the following advice from the NHS and DfE.

I am also very aware that as autumn approaches, we will all be more vulnerable to the standard coughs and colds that every year brings us. Again, I can do no more than offer the following advice. I have tried to summarise the key advice but if you feel that you need to know more I recommend that you visit GOV.UK and follow the various links depending on what you need to know. This link may be helpful: [Stay-at-home-guidance for households with possible or confirmed Coronavirus infection](#)

Main symptoms of Coronavirus

The main symptoms of coronavirus are:

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

Most people with coronavirus have at least 1 of these symptoms.

If your child is not displaying any of these symptoms, it may be that they have a standard cold, are displaying signs of their asthma, or are otherwise unwell. As usual, only you as a parent can decide if they are unwell enough to attend school but, also as usual, it is my duty to remind you that your child should not be kept away for minor ailments. I appreciate that the current circumstances make these decisions even more difficult for you as a parent and I can only ask that you use your common sense to make a sensible decision.

What to do if you or your child has symptoms

If you have any of the main symptoms of coronavirus:

1. **Get a test** to check if you have coronavirus as soon as possible. The following link will help you to do this:
[Get a free NHS test today to check if you have coronavirus](#)
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

3. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.
4. If you are not experiencing symptoms but have tested positive for COVID-19, self-isolate for 10 days, starting from the day the test was taken. If you develop symptoms during this isolation period, restart your 10-day isolation from the day you developed symptoms.
5. If you test positive and live with others, all other household members need to stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the household became ill or if they do not have symptoms, from the day their test was taken. If anyone else in the household starts displaying symptoms, they need to stay at home for at least 10 days from when their symptoms appear, regardless of what day they are on in their original 14-day isolation period.
6. If your child is displaying symptoms or has tested positive, please **contact the school to inform them immediately.**

What we will do

- If a child displays any symptoms of Coronavirus when they are in school, they will be sent home immediately and parents will be asked to ensure that they are tested as soon as possible.
- Any child displaying symptoms will be isolated from all other children immediately and for the entire time that they are waiting to be collected. Staff who supervise them will maintain a safe distance or, if the age or needs of the child demand, wear suitable protective clothing in order to maintain safety whilst meeting their needs.
- All areas visited by the child, including the waiting area, toilets, washrooms and surfaces potentially touched in the classroom or route from the classroom to the waiting room, will be thoroughly sanitised without any delay.
- If we are informed that a child has been tested positive for Coronavirus, we will immediately contact the relevant Public Health department, who will provide us with detailed advice. My understanding is that we will be asked to inform the parents of those children who have been in direct contact, which we would do without hesitation.

I will not go into detail here about the various other actions which we will take should there be a pupil or member of staff tested positive, but I will assure you that, without hesitation and with complete openness, I will undertake all necessary actions meticulously.

However, I do not intend to inform parents each time I am told a child has coughed, sneezed or even has a temperature as this would undoubtedly spiral out of control within a very short period of time.

I also ask that before sharing that your child or someone you know has a cough or cold, you, as parents, consider how quickly news is interpreted and reinterpreted as it is passed from one person to the next.

I ask that you do this with the knowledge that:

- I give you absolute assurance that I will not knowingly place any child or member of staff at risk and
- I will not delay in informing parents of any information that they need to know, basing this decision on the most recent and extensive guidance provided by the NHS and DfE.

And finally...

Please try to keep a calm frame of mind.

Schools have been instructed to open fully and parents have been told that their children are expected to attend school.

Our primary function is to educate your child and currently that involves closing the huge gap that opened whilst we were under lockdown. However, it is also our job, as well as our paramount wish, to keep your children safe. We will do this with a determination second to none.

I am well aware that I have already upset a number of parents with various decisions I have made in order to keep children, staff and ultimately you, safe. However, I am determined to get this right, well, as "right" as possible and I will continue to be inflexible when it comes to implementing the plans made to maintain safety.

I will also continue to revise different aspects of this plan as time goes by, tightening routines where necessary and over-turning decisions if I feel it is safe to do so.