



Fleet Primary School

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Summer Term Update

19th April 2022

Dear Parents/Carers,

I hope you have all had a restful break from school and are ready for the beginning of what looks like being a busy Summer term. We look forward to welcoming you and the children back tomorrow morning. Please remember, as advertised in the newsletters before the holidays, we will only have the main entrance on Fleet Road open moving forward. **There will no longer be access to school at the beginning and end of the day from Agincourt Road.**

With the isolation guidance relating to Covid having changed and the list of symptoms having been expanded since the start of the holidays, I wanted to write with an update so everyone knows when children should and shouldn't be sent in to school in terms of Covid-19 symptoms or having tested positive. By following this guidance we hope to avoid any further outbreaks of Covid in school as local rates in the community remain high.

The access to free testing is also no longer available making it difficult for families to know when they or their families symptoms are actually Covid-19 or other illnesses. If you have symptoms of COVID-19, you are no longer required to do a rapid lateral flow or PCR test. If you still want to get tested and you're not eligible for a free NHS test, you must pay for a COVID-19 test yourself. You can buy a COVID-19 test from some pharmacies and retailers, in person or online.

If someone has symptoms of Coronavirus or has tested positive for Coronavirus, the advice remains the same. That is, you should try to stay at home and avoid contact with other people if you:

- have tested positive for COVID-19 – this means it's very likely you have the virus
- have any symptoms of COVID-19, **and** have a high temperature **or** you do not feel well enough to go to work, school, or do your normal activities

The following information is taken from the NHS websites:

- <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/>

Children and young people aged 18 and under can get coronavirus (COVID-19), but it's usually a mild illness and most get better in a few days.

The symptoms are very similar to symptoms of other illnesses, such as colds and flu and can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste

- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

What to do if your child tests positive:

For children, the advice is they should stay at home and avoid contact with others, and therefore not come to school, for at least 3 days (day 1 being the day after they test positive). If after 3 days they no longer have a temperature, and feel well enough, they may return to school from the fourth day.

What to do if your child has symptoms:

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to school

They can come back to school when they feel better and no longer have a high temperature.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can come to school.

Encourage your child to cover their mouth and nose with a tissue when they cough or sneeze, and to wash their hands after using or throwing away tissues.

Most children who are unwell will recover in a few days with rest and plenty of fluids.

If any of the children start to display the symptoms of Coronavirus and have a high temperature we will call you to collect them and follow the advice above.

Yours Sincerely,



Don McGibbon
Head Teacher