



St Ippolyts C.E. (Aided) Primary School

Headteacher: Mrs. R. E. Peddie BEd(Hons) NPQH

Ashbrook Lane, St. Ippolyts, Hitchin, Hertfordshire, SG4 7PB
Tel: 01462 432080 Fax: 01462 438524 Email: admin@stipps.herts.sch.uk
Website: www.stipps.herts.sch.uk



20th April 2022

Dear Parents,

Covid guidance: summer term

Welcome back to the summer term; I do hope you all had an enjoyable Easter break. I thought it might be helpful to send out the latest guidance on managing Covid in school. All the blue text in this letter has been taken from the current NHS guidance, including the updated list of Covid-19 symptoms.

Although the 'rules' on Covid have been reduced significantly, we must accept that the risk of spreading the virus amongst our school community remains, and I am urging you once again to continue with your cautious and sensible approach.

Whilst it is widely accepted that, thankfully, children tend to be very mildly affected if they are Covid positive, the same cannot be said for the adults in school, some of whom have been very poorly indeed. By taking a cautious approach, we can protect the staff and therefore avoid children's learning being affected when their teacher is off sick for several days or longer.

I know that lateral flow tests are no longer free to order, but if you do have some and feel able to test your child when necessary, that would also be really helpful.

Symptoms of respiratory infections, including COVID-19:

Respiratory infections can spread easily between people. It is important to be aware of symptoms so you can take action to reduce the risk of spreading your infection to other people. The symptoms of COVID-19 and other respiratory infections are very similar. It is not possible to tell if you have COVID-19, flu or another respiratory infection based on symptoms alone. Most people with COVID-19 and other respiratory infections will have a relatively mild illness, especially if they have been vaccinated.

If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or you do not feel well enough to go to work or carry out normal activities, you are advised to try to stay at home and avoid contact with other people.

Symptoms of COVID-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual

- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

Children and young people (aged 18 years and under) who have symptoms of a respiratory infection, including COVID-19.

Respiratory infections are common in children and young people, particularly during the winter months. Symptoms can be caused by several respiratory infections including the common cold, COVID-19 and RSV (Respiratory syncytial virus). RSV is a common respiratory virus that usually causes mild, cold-like symptoms. For most children and young people, these illnesses will not be serious, and they will soon recover following rest and plenty of fluids.

When children and young people with symptoms should stay at home and when they can return to education.

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people.

They can go back to school and resume normal activities when they no longer have a high temperature and they are well enough to attend.

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

Children and young people aged 18 years and under who have a positive test result.

If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result can continue to attend as normal.

Thank you for taking the time to read this letter, and once again, my sincere thanks for your ongoing support and cooperation.

Kind regards

RPeddie

Mrs RE Peddie
Headteacher

