



Friday 14<sup>th</sup> January 2021

Dear parents and carers,

I am aware there have been lots of changes to the rules and guidance related to Covid-19. If you are unsure about anything, please do not hesitate to contact school either by telephone or via [enquiries@grimoldby.lincs.sch.uk](mailto:enquiries@grimoldby.lincs.sch.uk).

Our email inbox is checked outside of school hours and urgent messages will be responded to. If your child tests positive over a weekend, please do email school **immediately** so that I can seek advice from Public Health (if necessary) and keep everyone updated.

The three main symptoms of Covid-19 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

## MY CHILD HAS A SYMPTOM/SYMPTOMS OF COVID-19 – WHAT DO I DO?

**If your child develops any of the main symptoms, they must self-isolate and you must book them a PCR test.**

This is either where you take your child to a test centre, or you can order a test to be delivered to your home. The PCR test will then be sent to a laboratory and you will be notified of the results.

LFD tests cannot be used to test your child if they have symptoms. Some people test negative on an LFD, however, they are positive when tested using a PCR (test that's sent to a laboratory).

## MY CHILD HAS NO SYMPTOMS BUT THEY'VE TESTED POSITIVE ON AN LFD – WHAT DO I DO?

If your child has no symptoms and you test them using an LFD (and this shows they are positive for Covid-19), you do not need to book a PCR test to confirm this.

***“Being the best that we can be...”***



## Changes to the self-isolation period for those who test positive for Covid-19:

From Monday 17<sup>th</sup> January, people who are self-isolating with Covid-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature.

*For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to school immediately on day 6.*

If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from **two LFD tests on consecutive days** or until they have completed **10 full days of isolation**, whichever is earliest.

Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10 days of isolation.

Further information is available at:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Please do not hesitate to contact me via [enquiries@grimoldby.lincs.sch.uk](mailto:enquiries@grimoldby.lincs.sch.uk). I do appreciate the changes can be confusing and we are always here to offer advice and support you. I would like to assure you that we are currently following all government and public health advice. We will continue to suspend whole school assemblies for the time being. Our risk assessment is regularly updated in light of changes and can always be found on our school website.

I hope you all have a lovely weekend and I look forward to seeing you on Monday.

Sending my best wishes

Antonia Brooks

Headteacher

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