

22nd September 2021

Dear Parent / Carer

I am writing to inform you that we have several individuals in school who has tested positive for COVID-19.

We are putting in place some contingency plans in line with our revised risk assessments and national and local guidance. This means:

- We will offer students in years 7 and 8 LFT tests as they arrive in school this week, and possibly next week too. We will of course ensure that students tested have parental consent in place, and students will be asked if they want a test each day.
- We strongly encourage you to ask your child to carry out LFT tests at home at least twice a week in addition to testing in school, or more often if you wish. Please contact us if you require additional LFT test boxes.
- From Thursday 22nd September we are asking all staff and students in years 7 and 8 to wear masks in classrooms, corridors and communal areas. This is an interim measure in place until Friday 1st October. If we feel it necessary, we may ask students in year 9, 10 and 11 to wear masks too during this period.
- We will ensure that year groups are kept apart as much as possible, continuing with separate playgrounds and ensuring we stagger lunch and breaktimes.
- We will not be holding assemblies this week or next week.
- We will reduce the number of visitors in school and ensure staff are following our Covid protocols at all times including wearing masks around school.

We will review these measures daily and in conjunction with advisors from Cumbria Public Health and will update you if anything changes.

General advice

- Now we are seeing a significant increase in positive cases, please be vigilant in looking out for symptoms of COVID-19 in your child, however mild (a high temperature of 37.8°C or above, a new continuous cough and / or change to sense of taste and smell).

If your child develops any of these symptoms, please keep them at home and arrange for them to get a PCR test. You can book a PCR test online [here](#). If you do not have access to the internet, please call 119. The quickest way to get a test is by booking to attend a Local Testing Site, however you can also arrange for a test kit to be sent to your home address.

- Please encourage your child to wash their hands regularly for at least 20 seconds and use tissues for sneezes and runny noses. We may also increase ventilation in classrooms and other indoor spaces, so please ensure your child brings suitable warm uniform with them to school.
- If you are concerned that your child, or a member of their household may be more vulnerable to COVID-19 infection and are worried about them potentially being exposed to the virus, please contact me and we can discuss the protective measures we have in place in the setting, as well as jointly consider if any further action should be taken to protect your child and / or their wider household.

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NHS Test and Trace (NHSTT) will contact the parent / carer of a child who has tested positive (or if a staff member, the individual directly) to identify close contacts, so if your child has had contact with any of the positive cases outside of our setting, then NHSTT may contact you.

If not doing so already, we encourage all adults and secondary school aged children in your household (who have not tested positive for COVID-19 via a PCR test within the past 90 days) to self-test twice-weekly with lateral flow devices. Your child has been provided with tests. Adults can pick up free test kits from many local pharmacies or order kits [online](#).

We also recommend anyone eligible in your household gets the [COVID-19 vaccine](#) if not done so already.

You may be eligible for a Test and Trace Support Payment if your child has a positive PCR test result and has to isolate. More details can be found [here](#)

We know this can be an anxious time for parents / carers, so please don't hesitate to get in touch if you have any questions.

Yours sincerely



Tom Hailwood
Headteacher

BE AWARE!

As well as COVID-19, we are expecting to see a number of other viral infections circulate amongst young children over the next few months. This is due to children mixing more as COVID-19 restrictions are reduced.

Please read the information via the links below:

- Norovirus: <https://www.nhs.uk/conditions/norovirus/>
- Flu: <https://www.nhs.uk/conditions/flu/>
- High temperature (fever) in children: <https://www.nhs.uk/conditions/fever-in-children/>
- Common cold: <https://www.nhs.uk/conditions/common-cold/>
- Slapped cheek syndrome: <https://www.nhs.uk/conditions/slapped-cheek-syndrome/>

Mental wellbeing support for children and parents

Encourage your child to talk to you or their teacher if they are feeling anxious or stressed. Online resources to help you support your child with mental health and wellbeing, include:

- [MindEd](#) - a free educational resource on children and young people's mental health
- [Every Mind Matters](#) - an online tool and email journey to support everyone in taking action to look after their mental health and wellbeing
- [Bereavement UK](#) and the [Childhood Bereavement Network](#) - information and resources to support bereaved pupils, schools and staff

- the [DfE blog](#) - includes [mental health resources](#) for children, parents, carers and school staff

Public Health England's (PHE) [advice and guidance for parents and professionals on supporting children and young people's mental health and wellbeing](#) includes actions you can take to support your child and emphasises the importance of taking 60 minutes of daily physical activity. Youth Sport Trust and [Sport England](#) have advice and support on helping children and young people stay physically active. NHS mental health services remain open and have digital tools to connect with people and provide ongoing support. Please use your local children and young people's mental health service when needed.