

4<sup>th</sup> October 2021

Dear Parent / Carer

I am writing to thank you once again for supporting our contingency plan over the last few days to help reduce Covid transmission in school. These measures appear to have worked well, and cases have reduced.

I can confirm that with effect from Monday, we have reduced the measures in school as case numbers have dropped off. This means students will no longer need to take LFT tests in schools, or wear masks in classrooms or communal areas. Staff will continue to wear masks in corridors and public areas, but may choose not to wear a mask in classrooms.

A few key points:

- Students may wish to wear masks, and we fully support them if they do.
- Students **must** continue to take LFT tests at home, twice weekly and any positive tests **must** be reported to school.
- Isolation rules have changed in Cumbria, with siblings of children with positive tests being asked to self-isolate long with their sibling, and to take a PCR test 3-5 days following the first positive test in the household.

Given the ongoing prevalence of Covid in the community, it is very likely that we will need to invoke our contingency plans regularly as we move through the autumn and winter.

This means that we will put in place measures such as:

- LFT testing in school
- Masks worn in communal areas
- Masks worn in all areas
- Social distancing measures
- Revert to year group registration
- No assemblies
- Reintroduction of bubbles

**It is important that we quickly respond to increased case numbers in school, so we will operate our contingency plans flexibly over the coming months and may introduce any or all of these measures at short notice. We will explain to our students any changes needed and the reasons for them.**

#### General advice

- We are still seeing a significant increase in positive cases in the community, so 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.

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Some PCR tests are available in school if obtaining a postal test kit will delay receiving results – contact us if you need one.

- Please encourage your child to wash their hands regularly for at least 20 seconds and use tissues for sneezes and runny noses. We have increased 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.

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.