

Dear Parents/Carers,

### COVID-19 update

I am writing to update you on the current situation in school with regards to COVID rates. At DJS we are seeing a slight increase in the numbers of people testing positive but the numbers are not at a concerning level at this point in time. We are, of course, keeping a close eye on this.

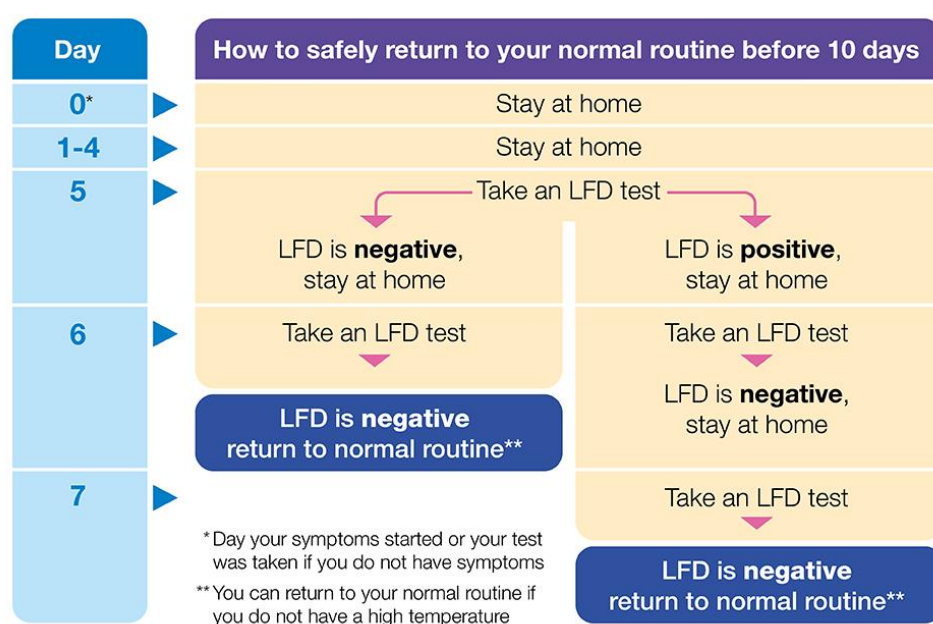
Our current control measures will remain. They are:

- Ensuring good hygiene
- Maintaining appropriate cleaning regimes
- Keeping occupied spaces well ventilated
- Following public health advice

It may be necessary to step up our control measure should rates of infection in school increase to a more concerning rate. If this is the case, we will keep you informed.

I would like to remind you that, although the rules regarding isolation have now changed, children and young people with COVID-19 should not attend school while they are infectious. They should take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms), followed by a further test the next day (day 6). If both of these tests are negative, they should return to school as normal as long as they feel well enough and do not have a temperature. Children should not return to school until they have had two consecutive negative LFDs or they reach day 11, when they are able to return even if their LFD is still positive (as they are highly unlikely to be infectious at this point).

The diagram below may help:



If you are unsure about when your child should/should not be in school, please contact the school office for advice.

**Reminder: Know the symptoms of COVID-19**

The main symptoms of COVID-19 are a recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

If you have any of these symptoms you should order a PCR test. You are advised to stay at home and avoid contact with other people while you are waiting for the test result. You should also follow this advice if you have a positive LFD test result, even if you do not have any symptoms.

Other symptoms linked with COVID-19 include shortness of breath, fatigue, loss of appetite, muscle ache, sore throat, headache, stuffy or runny nose, diarrhoea, nausea and vomiting. Any of these symptoms may also have another cause but it is worth bearing this in mind if your child is feeling unwell.

Yours truly,

*L J Laird*

Mrs Linda Laird

Headteacher