

# Waveney Valley Partnership



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Dear Parents and Carers,

The safety of all members of our school community is paramount and we remain committed to ensuring our school is as safe as possible throughout the Covid-19 pandemic.

We have been informed of confirmed cases of COVID-19 within the school and are therefore reverting back to 'bubbles'. This means that the school will be minimising the contact between individual classes e.g. separate playtimes, lunches etc. This is as well as maintaining other existing routines such as ventilation, hand washing, cleaning of surfaces and the wearing of face masks.

This letter is to inform you of the current situation and provide general advice for you.

## Household LFD & PCR confirmed cases

If a member of your household tests positive for COVID-19, Suffolk County Council and Public Health are recommending that pupils undertake a daily LFT for 5 days from the date of the positive LFD or PCR and obtain a PCR test after day 5.

Pupils can and should continue to attend school if they are feeling well.

## What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19 they should remain at home. Arrange for a COVID test via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling NHS 119 and inform the head teacher.

**If their test is negative and they can return to school when they are well.**

**If their test is positive**, they will need to self-isolate for **10 days** from the date after their symptoms started. All your household members must self-isolate for 10 days unless they are exempt.

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**The date of symptom onset is day zero.**

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>.

### **Symptoms**

The symptoms of coronavirus (COVID-19) are:

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

Alongside the 3 main COVID symptoms, Public Health have advised that there are additional symptoms associated with the Delta variant, these include:

### **Diarrhoea, Vomiting, Cold, Headache**

Anyone feeling unwell is advised to get a PCR test and isolate until the results come through.

**For most people, coronavirus (COVID-19) will be a mild illness. If you are concerned about your health or the health of anyone else in your house, please seek advice from your GP or NHS 111 by phoning 111.**

### **There are things you can do to reduce the risk of getting COVID-19:**

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

### **Further Information**

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

The frequently asked section on the SCC website are available at [Latest guidance COVID-19 | Suffolk County Council](#)

Kind regards

Susie Collins  
Academy Head Teacher

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