

Waveney Valley Partnership



Academy Head, Waveney Valley Partnership – Susie Collins

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8th December 2021

Dear Parent/Carer,

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 a confirmed case of COVID-19 within your child's class. This letter is to inform you of the current situation and provide advice for you.

We have been working closely with Suffolk Public Health who have recommended close contacts undertake daily LFD tests immediately and obtain a PCR test after 5 days which will be the 11th December 2021.

I am writing to let you know your child has been in close contact with someone who has tested positive for COVID-19.

Below is a visual showing you how to obtain a test through the booking system without having symptoms, for your test on Day 5.

The image shows four sequential screenshots of the GOV.UK 'Get a test' booking system. Each screen has a 'GOV.UK' header and a 'Get a test' button. The first screen asks 'Does the person you want to test have coronavirus symptoms?' with a list of symptoms and 'No, none of these symptoms' selected. The second screen asks 'Has the person been asked to get a follow-up test?' with 'No' selected. The third screen asks 'Is the person who you want to test part of a trial or government pilot programme?' with 'None of the above' selected. The fourth screen asks 'Why are you asking for a test?' with 'My local council or health protection team has asked me to get a test, even though I do not have symptoms' selected.

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If your child develops symptoms of COVID-19 they should remain at home, and you should arrange for a PCR 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 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 i.e. they are under 18 yrs & 6 months old or have had both vaccinations, and two weeks must have passed since the second vaccination.

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](#)

Yours sincerely,

Susie Collins, Academy Head Teacher

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