



Date: 18 January 2022

Dear Parent/Carer

COVID-19 – important information about year group 7

We have been advised that there have been a number of confirmed cases of COVID-19 within your child's year group. The school has been working very closely with South Tyneside's public health team to review the measures we currently have in place to ensure that we are doing everything we can to keep your children and the school safe.

All pupils aged between 5 and 18 years and 6 months identified as a contact of someone with COVID-19 are no longer legally required to self-isolate. **They are strongly advised to take an LFD test every day for 7 days and continue to attend their school as normal unless they have a positive test result or develop symptoms themselves.** Children under 5 years are exempt from self-isolation if they are identified as a close contact and do not need to take part in daily testing.

From 11 January 2022 **anyone without symptoms testing positive with an LFD will no longer need to confirm this with a PCR test.** However, the LFD result must be reported as instructed to gov.uk and the person must self-isolate immediately.

If your child goes on to develop symptoms they should book a PCR test. You can do this online [get a coronavirus test](#) and if you have problems or cannot use the online service call 119. Please report the result to the school.

The school remains open, and your child should continue to attend as normal if they remain well. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

We would ask that you monitor your child's health for the main signs of Covid-19:

- A new continuous cough
- A high temperature
- A loss or change in their sense of smell or taste

If your child becomes symptomatic, you must:

- Keep your child away from school
- Book a PCR Test for your child as soon as possible

- Report the result to school

About 1 in 3 people with COVID-19 do not have symptoms but can still infect others. As there have been a number of cases in your child's year group, as a precaution you may wish to consider limiting your child's contact over the next week with anyone in your family or social circle who may previously have been classed as clinically extremely vulnerable or older people (65 years and over).

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- get vaccinated – everyone aged 12 and over can [book COVID-19 vaccination appointments](#) now
- wash your hands with soap and water or use hand sanitiser regularly throughout the day
- 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
- meet people outside and avoid crowded areas
- open doors and windows to let in fresh air if meeting people inside
- wear a face covering when it's hard to stay away from other people – particularly indoors or in crowded places
- participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over) [rapid coronavirus tests if you do not have symptoms](#)

Regards

A handwritten signature in black ink, appearing to read 'Tom Hall', with a long horizontal line extending to the left.

Tom Hall
Director of Public