

Archibald First School
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Headteacher **Mrs R Turner**

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4th April 2022

Dear families,

On April 1st, the government changed the guidance about Covid. Free testing has stopped for the majority of people, unless you are part of a specific group such as NHS staff and some eligible patients.

The updated guidance for adults advises:

- Adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature. *This means if you have a high temperature, repeated cough etc you'd stay at home until you feel better. (There are no minimum days in isolation for this, just until you feel better).*
- Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days, which is when they are most infectious. *Free PCR tests will not routinely be available, but we are aware some of you will have lateral flow tests which may identify cases of Covid*

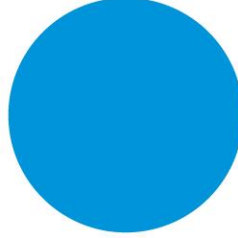
Guidance from the Department of Education for children states that:

- Respiratory infections are common in children and young people, particularly during the winter months. Symptoms can be caused by several respiratory infections including the common cold, COVID-19, flu, and respiratory syncytial virus (RSV). For most children these illnesses will not be serious, and they soon recover. Children with respiratory infections can experience a range of symptoms including a runny nose, high temperature, cough and sore throat. It is not possible to tell which germ someone is infected with based on symptoms alone.
- **Children with mild symptoms such as a runny nose, sore throat, or mild cough, who are otherwise well, can continue to attend their education or childcare setting.**
- **Children and young people who are unwell and have a high temperature should stay at home and where possible avoid contact with other people.** They can go back to education or childcare setting when they no longer have a high temperature and they are well enough.
- **If a child or young person (under the age of 18) has a positive COVID-19 test result, they should try to stay at home and where possible avoid contact with other people for 3 days after the day, they took the test.** The risk of passing the infection on to others is much lower after 3 days if they feel well and do not have a high temperature.
- Children and young people who usually attend an education or childcare setting and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

Should we have an outbreak of Covid cases in school, extra measures may need to be put into place. We will continue to encourage regular handwashing, ventilating rooms and 'Catch it Kill it Bin it' routines.

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Managing Illness and Symptoms in School

We will continue to send home children who are unwell and who we feel should be at home rather than in school. However, we won't send home children who are only displaying mild cold symptoms. Please continue to keep children at home if you feel that it is necessary and do feel welcome to ring us to ask for advice if you are unsure.

We currently have an outbreak of chicken pox (typical for this time of year) as well as a small number of cases of scarlet fever. Scarlet fever is a notifiable disease and we have reported the cases to the Health Protection Team, they will let us know if numbers grow to the point where we need to take further action. The early symptoms are fever, headache, sore throat, nausea and vomiting. These are followed by a rash. It is usually a mild disease and should be treated with antibiotics to reduce the risk of it spreading. Children are able to come back to school 24 hours after commencing antibiotics. However, children who have recently had chicken pox are more likely to have a more serious reaction to an infection of scarlet fever and this is another reason why we are keeping a close eye on children who are presenting with the symptoms of either and why we will send children home if we are concerned. If you have concerns over symptoms which your child has, please get in touch.

The cases of sickness and diarrhoea have been fewer than usual this academic year, this is likely to be a result of the reduced amount of social mixing and the mitigations in place. However, these too are starting to increase. Please remember that children should be absent from school for 48 hours after their last episode of either sickness or diarrhoea. This is the current NHS and Public Health advice.

If you have any further questions, don't hesitate to get in touch.

Yours sincerely

Rebecca Turner
Headteacher

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