



Dear Parent/Carer,

Information and advice about COVID-19 case in school

We have been advised that there has been a confirmed case of COVID-19 within the school. We know that you may find this concerning, but we are continuing to monitor the situation and are working closely with Public Health England and Newcastle City Council's Public Health Team. This letter is to inform you of the current situation and provide advice on how to support your child.

The school will continue to ensure that all confirmed cases of COVID-19 do not attend school until the end of their self-isolation period. Schools are no longer required to carry out routine contact tracing of anyone that has been in close contact with someone who has tested positive for COVID-19. This is now carried out by NHS Test and Trace. They will work with either the positive case or their parents or carers to identify close contacts.

Anyone under the age of 18 years and 6 months who are **told by NHS Test and Trace** that they are close contact of a positive case are strongly advised to get a PCR test as soon as possible. They should do this even if they have returned a negative Lateral Flow Device test recently. Book a PCR test online at <https://www.gov.uk/get-coronavirus-test> or ring 119 (free of charge). Close contacts should not take a PCR test if they have received a positive PCR test result in the last 90 days, unless they develop any new symptoms of COVID-19. This is because it is possible for PCR tests to remain positive for some time after COVID-19 infection. Your child can attend school whilst awaiting their PCR result.

If the PCR test is positive, your child must self-isolate for 10 days from the date of the test. NHS Test and Trace will confirm the dates with you. In this time your child **must not** go to school or to public areas: they must remain at home and must not mix with anyone outside of their household.

If a negative test is recorded, then your child can continue to attend school as normal.

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

For most people, especially children, COVID-19 will be a mild illness.

The most common symptoms of COVID-19 are:

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

If your child develops any of these symptoms of COVID-19, they must remain at home for at least 10 days from the date their symptoms first started. You need to arrange for them to have a PCR test for COVID-19.

To book a test, either call 119 or go to the NHS website at www.nhs.uk/ask-for-a-coronavirus-test

They must self-isolate until the test result is known. If positive they must self-isolate as advised by NHS Test and Trace. Your household must follow the 'Stay at Home' guidance at www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection

Support to Self-Isolate

If your child is entitled to an income-based Free School Meal this will still be provided via vouchers.

If you need support with self-isolation Newcastle City Council's Welfare and Wellbeing Team may be able to help you. If you can, you should try to seek help from your friends, family and community first, or look online at www.newcastle.gov.uk for local support services. Where this is not possible, the Welfare and Wellbeing team can help.

Visit www.newcastle.gov.uk/welfare or call 0800 170 7001 (8am-8pm Monday to Friday, 9am-3pm Saturday) to get the support you need.

You may also be entitled to a Test and Trace Support Payment. Apply online at <https://newcastle.gov.uk/TestandTraceSupportPayments>

How to stop COVID-19 spreading

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

Remember; '**Hands, Face, Space and Let Fresh Air In**':

- Wash your hands with soap and water often – do this for at least 20 seconds or 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.
- Try to stay apart from anyone you don't live with as much as possible.
- Use a face covering when you are indoors crowded places such as supermarkets and public transport
- If meeting others, try to do so outside as much as possible. If inside, open the window to let fresh air in

Further information

Further information is available at www.nhs.uk/coronavirus

Thank you for your continued support. Our joint efforts really do help to reduce the further spread of COVID-19 to others in the community.

Yours sincerely,

Mrs Bullerwell
Headteacher