



## Coniston Primary School

Working together we can succeed

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Dear Parents/Carers,

You will be aware, following the Prime Minister's 'Living with COVID' announcement last week, that there have been changes regarding the law around COVID and restrictions, although guidance in some areas remains. We are writing to inform you of what that means for the families of Coniston Primary School. This follows guidance received from the Government, the Department for Education and from the Local Authority. We are anticipating an update on Friday and may have further information to share with you at that point.

### **Are there any changes around drop off and pick up?**

There are no changes to drop-off or pick-up. We will continue with the system we have in place. I would like to remind all parents/carers that if they have information or messages for class teachers, they need to email the teachers directly, not pass this information to staff on the gate.

### **What are the rules for parent visitors?**

Parent visitors can now come on site provided they have a scheduled meeting. There is no longer a requirement for them to LFD test before-hand but they may be asked to wear a face mask in communal areas.

### **What should I do if my child presents with symptoms of COVID-19?**

Children who test positive (LFD test) will continue to be advised to stay at home and avoid contact with other people for at least 5 full days, and then continue to follow the guidance until they have received 2 negative test results on consecutive days. The government guidance is below taken from COVID-19: people with COVID-19 and their contacts - GOV.UK ([www.gov.uk](http://www.gov.uk)) published on 24.02.22:

*The main symptoms of COVID-19 are a recent onset of any of the following:*

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

*If you have any of these symptoms you should order a PCR test. You are advised to stay at home and avoid contact with other people while you are waiting for the test result.*

There have been many reports of other symptoms since Omicron. This is from the government guidance:

- *Other symptoms linked with COVID-19 include shortness of breath, fatigue, loss of appetite, muscle ache, sore throat, headache, stuffy or runny nose, diarrhoea, nausea and vomiting. Any of these symptoms may also have another cause.*



## What is the guidance around isolation?

If an adult/child has tested positive for COVID-19, the guidance from the government is that they should continue to isolate. The recommendation remains that they test on day 5 and 6 and if negative on both occasions, return to school or work. The below is taken directly from the government guidance dated 24.02.22 COVID-19: people with COVID-19 and their contacts - GOV.UK ([www.gov.uk](http://www.gov.uk)):

- *If you have COVID-19, stay at home and avoid contact with other people*

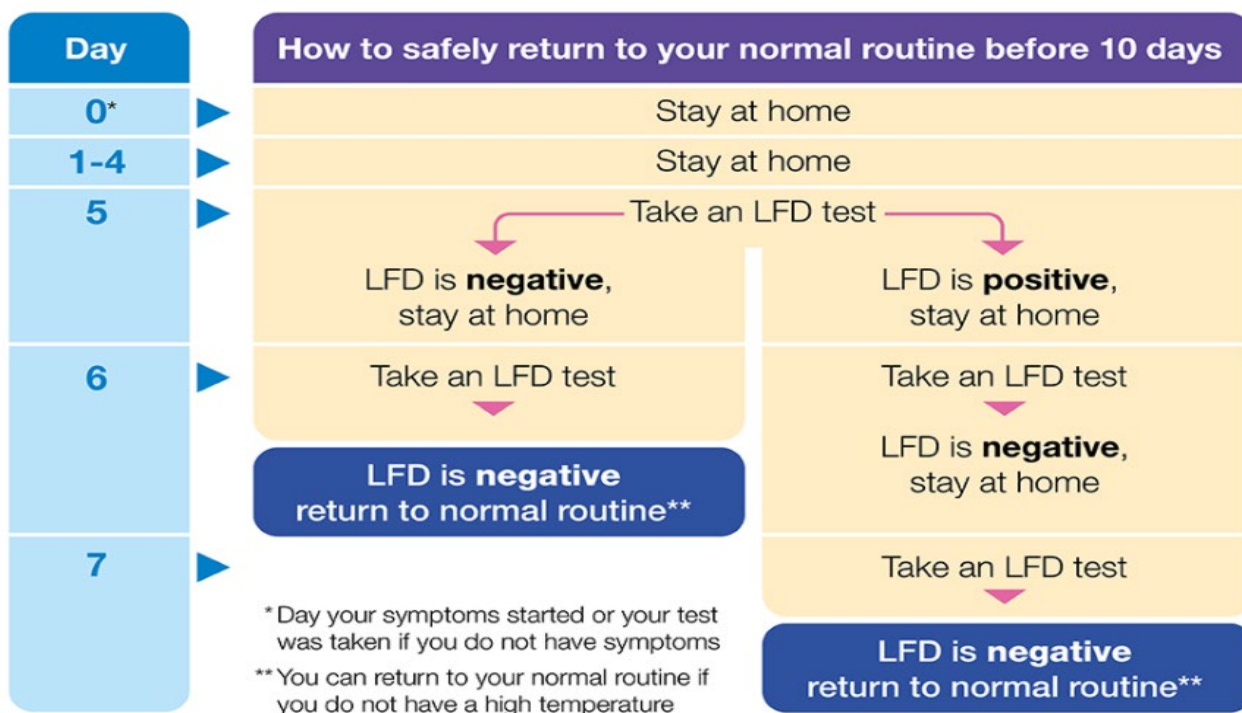
***If you have COVID-19 you can infect other people from 2 days before your symptoms start, and for up to 10 days after. You can pass on the infection to others, even if you have mild symptoms or no symptoms at all. If you have COVID-19 you should stay at home and avoid contact with other people.***

*Many people will no longer be infectious to others after 5 days. You may choose to take an LFD test from 5 days after your symptoms started (or the day your test was taken if you did not have symptoms) followed by another LFD test the next day. If both these test results are negative, and you do not have a high temperature, the risk that you are still infectious is much lower and you can safely return to your normal routine.*

*If your day 5 LFD test result is positive, you can continue taking LFD tests until you receive 2 consecutive negative test results. See below chart.*

***Children and young people with COVID-19 should not attend their education setting while they are infectious. They should take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these tests results are negative, they should return to their educational setting if they normally attend one, as long as they feel well enough to do so and do not have a temperature. They should follow the guidance for their educational setting.***

## **How to safely return to your normal routine before 10 days**



### **What is the guidance around close contacts and testing?**

The advice for close contacts to test is no longer in place unless advised by Public Health in the event of an outbreak: household contacts are advised to be cautious e.g. around vulnerable people or in crowded spaces. Staff are no longer asked to test twice weekly although may still choose to do so. Children should attend school. **However, if an adult or child presents with symptoms, they should take a LFD test and if positive, isolate and follow the guidance.**

### **What would happen in the event of a COVID-19 outbreak?**

If the school has an outbreak of COVID-19 cases (previously described as more than 5 children or 10% within a class over a ten day period), or if there is a local outbreak, we work with the Local Authority and Public Health England to agree what actions are needed to reduce transmission in school. Any decisions made are in consultation and on the advice of Public Health teams and we then communicate this with you as soon as we were able, explaining the measures being put into place.

### **What if my child becomes symptomatic in school?**

If your child becomes unwell at school with any of the COVID symptoms (above), we will contact you and request that you take a LFD test and isolate if positive.

### **What measures remain in place other than isolation?**

Enhanced hygiene and ventilation practices continue. We would appreciate it if children could continue washing their hands before coming to school.

**Thank you all once again** for all of your support and understanding. We are all delighted to see life returning to normal and important school moments can return.

Best wishes

Alan Walters  
Headteacher

