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Updated information to all parents about Covid-19

Dear parents and carers

The government set out the [next steps for living with COVID-19](#) in England from Friday 1 April. Most of the COVID-19 specific guidance for education and childcare settings has now been withdrawn. New and updated UKHSA guidance for the general population, which is also relevant to education settings, includes:

- [guidance for people with symptoms of a respiratory infection including COVID-19, or a positive test result for COVID-19](#)
- [living safely with respiratory infections, including COVID-19](#)
- [ventilation of indoor spaces to reduce the spread of COVID-19 and other respiratory infections](#)
- [COVID-19 guidance for people whose immune system means they are at higher risk](#)

Please see a summary below of key points from the guidance relating to children and Covid, including school attendance.

What to do if your child develops symptoms of a respiratory infection, including Covid 19

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend.

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

What to do if your child tests positive for Covid 19 *Please note that the guidance for adults over 18 years of age is different.*

It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

What to do if your child is a close contact of someone who has COVID-19

People who live in the same household as someone with COVID-19 are at the highest risk of becoming infected because they are most likely to have prolonged close contact. People who stayed overnight in the household of someone with COVID-19 while they were infectious are also at high risk.

If you are a household or overnight contact of someone who has had a positive COVID -19 test result it can take up to 10 days for your infection to develop. It is possible to pass on COVID-19 to others, even if you have no symptoms.

You can reduce the risk to other people by taking the following steps:

- avoid contact with anyone you know who is at [higher risk of becoming severely unwell](#) if they are infected with COVID-19, especially [those whose immune system means they are at higher risk of serious illness from COVID-19, despite vaccination](#)
- limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- wear a well-fitting face covering made with multiple layers or a surgical face mask if you do need to have close contact with other people, or you are in a crowded place
- wash your hands frequently with soap and water or use hand sanitiser

If you develop symptoms of a respiratory infection try to stay at home and avoid contact with other people and follow the guidance for people with symptoms.

If you are a contact of someone with COVID-19 but do not live with them or did not stay in their household overnight, you are at lower risk of becoming infected. There is [guidance on protecting yourself and others in living safely with respiratory infections, including COVID-19](#).

What are the symptoms of Covid 19?

Please follow the link to new NHS guidance on updated [Covid symptoms](#) in children.

What we will continue to do in school

- ✓ **Ensure good hand and respiratory hygiene** – supporting students to maintain frequent and thorough hand cleaning through use of soap and water or hand sanitiser. Using the ‘Catch it, bin it, kill it’ approach to coughs and sneezes.
- ✓ **Good ventilation** – opening windows and doors systems reduces the amount of viral particles circulating in rooms and other communal areas. Children are encouraged to wear layers as it can be ‘fresh’!
- ✓ **Cleaning** – maintaining regular cleaning of areas with recommended products, particularly focussing on frequently touched surfaces such as communal equipment, door handles etc.
- ✓ **Follow national and local public health advice** - on testing, self-isolation and managing confirmed cases of Covid 19 in school.

Visitors on site – we will continue to manage the number of adults on site and will ensure any communal gatherings should be within a well ventilated space where people can feel comfortable with appropriate distancing.

We will, of course, keep you notified of any significant changes.

Please feel free to contact school if you have any questions and thank you for your ongoing support in these matters.

Kind regards

Simon Beahan
Executive Headteacher