



Ark John Keats Academy

Dear Parents & Carers

On April 1st the government changed the guidance about COVID-19. Most of the COVID-19 specific guidance for education and childcare settings has now been withdrawn.

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.
- 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-19.

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, should 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.

If we have an outbreak of COVID-19 cases in school, extra measures may need to be put in place.

We will continue to:

- encourage everyone to maintain good hand hygiene by regularly washing their hands or using hand sanitizer.
- encourage everyone to maintain good respiratory hygiene by using tissues to catch coughs and sneezes
- keep our school buildings well ventilated; and maintain high levels of cleaning.

If you do have any questions do not hesitate to contact the school office.

Yours sincerely,

Mr O. Ola-Said
Primary Headteacher

Ms K. Marshall
Secondary Headteacher

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