



ADMIRALS ACADEMY

Admirals Way, Thetford, Norfolk. IP24 2JT

Tel: 01842 753993

Email: office@adm.eastern-mat.co.uk

Web: www.admiralsacademy.co.uk

Executive Principal: Mrs. M Kouni

18th October 2021

Inform and Support letter to Parents / Carers

Advice to All Parents and Carers – Inform and Support

Dear Parents and Carers,

Steadily, over the course of the past year, the whole United Kingdom has seen life return closer to normal. The country is learning to live with COVID-19, and the main line of defence is now vaccination rather than lockdown.

As is the case with any infectious disease from time-to-time members of our school community will contract COVID-19. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness. Clinical studies have shown that children and young people, including those previously considered as clinically extremely vulnerable (CEV), are at very low risk of serious illness if they catch the virus.

Rest assured that our school has undertaken COVID-19 risk assessments and all reasonable steps to manage COVID-19 are in place. Our school is committed to remaining open as we recognise that in addition to learning loss, missing face-to-face education is associated with considerable harm to the health and wellbeing of children and young people.

Confirmed cases

We are aware that there has been confirmed cases of COVID-19 within your child's year group.

We know that you may find this concerning but we are continuing to monitor the situation and are working closely with Public Health teams. This letter is to inform you of the current situation and provide advice on how to support your child.

The school setting remains open and your child should continue to attend as normal if they remain well. We encourage household members that are aged 11 and over to continue with twice weekly LFD testing to help identify cases promptly. Parents can visit www.norfolk.gov.uk/covidtesting and click on 'Testing for people without symptoms' to find the easiest way for them to get test kits.

Tracing close contacts and isolation

Education settings are no longer undertaking contact tracing, and we are unable to share with you the details of any positive cases. Close contacts will now be identified via NHS Test and Trace. This is likely to be a small number of individuals who would be most at risk of contracting COVID-19 due to the nature of the close contact.

Contacts are not required to self-isolate if any of the following apply:

- they are fully vaccinated (and at least 14 days have passed since they received the recommended doses of that vaccine)
- they are below the age of 18 years and 6 months
- they have taken part in or are currently part of an approved COVID-19 vaccine trial
- they are not able to get vaccinated for medical reasons

NHS Test and Trace will inform affected individuals, children or their parents or carers that they have been in close contact with a positive case and advise them to take a PCR test. We would encourage all individuals to take a PCR test if advised to do so.

Children and young people aged under 18 years 6 months who usually attend school who have been identified as a close contact should continue to attend school as normal. They do not need to wear a face covering within the school, but it is expected and recommended that these are worn when travelling on public or dedicated transport.

If you think your child is a close contact but has not have not been contacted directly by NHS Test and Trace please follow the guidance here

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person#i-think-i-have-had-contact-with-someone-who-has-tested-positive-for-covid-19-but-i-have-not-been-notified-and-advised-to-self-isolate-what-should-i-do>

If after consulting the above guidance you wish to arrange a PCR test, please note this can be arranged by calling 119 or by booking online here <https://www.gov.uk/get-coronavirus-test>. If you are booking a PCR test online because you believe your child is a close contact of a positive case choose the option "I've been in contact with someone who's tested positive for coronavirus"

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

If your child has any of the following symptoms,

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

they should self-isolate and you should inform us in the usual way.

You should immediately order a PCR test for them. If the PCR result is negative, they can stop self-isolating (unless instructed to self-isolate for other reasons) but we advise that they do not return to school if symptoms persist and they continue to be unwell. If the PCR result is positive, they must self-isolate until 10 days after the onset of symptoms.

Other members of the household should self-isolate where required to do so in line with published guidance <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

What to do if your child tests positive for COVID-19 from a lateral flow device (LFD) test

Children aged 11 years and above are encouraged to participate in twice weekly LFD testing to help identify cases promptly.

Any child that has a positive result from a lateral flow device (LFD) test should self-isolate – and you should inform us in the usual way. You should immediately order a confirmatory PCR test. If the confirmatory test is taken within two days and the result is negative, they can stop self-isolating (unless instructed to self-isolate for other reasons). If the confirmatory PCR test is positive (or is taken more than two days after the LFD), they must continue to self-isolate until 10 days after the LFD test. If you do not get a PCR test within two days they should continue with their 10 day self-isolation.

Other members of the household should self-isolate as required in line with published guidance <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

PCR test results will be recorded with NHS Test and Trace automatically, but we would ask that you also keep us informed.

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

How to stop coronavirus (COVID-19) spreading

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

- If you are eligible, please take up the offer to get vaccinated. Those aged 16 or over can book a coronavirus (COVID-19) vaccination online here <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>
- wash your hands with soap and water or use hand sanitiser regularly throughout the day
- 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
- participate in twice weekly LFD testing following national guidelines (recommended for those aged 11 years and over). Parents can visit www.norfolk.gov.uk/covidtesting and click on 'Testing for people without symptoms' to find the easiest way for them to get test kits.

Further Information

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Find out what support is available locally for those self-isolating and in need at www.norfolk.gov.uk/supportathome.

Yours sincerely



Mrs Kouni

Executive Principal

Where Everyone Matters

