

OAKFIELD SCHOOL

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Dear Parent /Carer

As you may be aware COVID-19 rates in UK are at a record high and we have cases within our school community. It is important that everyone stays vigilant and helps to prevent the spread of the disease.

The updated advice, from April 1st 2022, is that adults, children and young people who have symptoms of a respiratory infection, such as COVID-19, and have a high temperature or do not feel well enough to go to work/school or carry out normal activities, you are advised to try to stay at home and avoid contact with other people.

Symptoms of COVID-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

It is particularly important to avoid close contact with anyone who you know is at higher risk of becoming seriously unwell if they are infected with COVID-19 and other respiratory infections, especially those whose immune system means that they are at higher risk of serious illness, despite vaccination.

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. For children and young people aged 18 and under, the advice is 3 days. This starts from the day after the test was carried out. However, where symptoms persist in the form of a high temperature and there is still a clearly positive reading if a test has been taken, students and staff should isolate until the symptoms subside.

Regular asymptomatic lateral testing is no longer recommended in any education or childcare setting, including in SEND, as a result we are no longer supplying families with lateral flow tests in line with government guidance.

I would like to thank students and parents/carers for your continued support with the pandemic.

Lee Thompson
Assistant Headteacher