30th June 2021

Dear Parent/s and Carers,

As many of you are aware, there is a slow but steady rise in the number of confirmed Covid-19 cases. This has become prevalent in a number of schools, resulting in year groups and in some cases, whole schools closing. These schools have subsequently reverted to online delivery of Teaching and Learning.

We have some children at Tweeddale Primary School with siblings who are in schools having to ask pupils to isolate. To offer some clarification around the steps you should follow if you find yourself in this situation, please see the guidance below.

We remain committed to observing the practices as laid out in our risk assessment to prevent the spread of the virus. The school, had some time ago, made a change, so that each class was no longer considered being a bubble. Instead a whole year group would be considered one to facilitate class mixing. This supported high quality teaching and learning and the logistics of provision of lunches and residential trips. It made operational matters easier to manage and improved the quality of the children's learning experience. We will not be making a change to this structure at this late stage in the term.

In such situations teachers would deliver a programme of Learning that would mirror the planned delivery of the curriculum in the classroom, utilising all the resources and methodology of previous home learning periods.

It is still critically important to prevent localised outbreaks and local community transmission. Our children and staff need to continue to follow national guidance on staying at home if symptomatic or self-isolating. Social distancing, washing hands, and using face coverings in public places remain core strategies to combat the spread and we urge all parties to continue to remain vigilant.

Thank you for your support in this matter.

Mrs Terrie Jerrom

Head teacher

GREENSHAW
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sustainable level

Advice for Children and Families Asked to Self-Isolate:

If a Tweeddale child has a sibling who attends another school and has been identified as being in close contact with an affected person, the family needs to take the following actions:

- The identified sibling needs to stay at home and self-isolate for 10 days after contact, following national guidance: 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 They are being asked to do this to reduce the spread of COVID-19 to others in the community. If your child is well and has not tested positive at the end of the 10-day period of self-isolation, then they can return to their usual activities.
- The sibling attending Tweeddale and other members of your household can continue normal activities provided none of you develop symptoms within the 10-day self-isolation period or test positive.
- As an extra precaution Public Health England (PHE) is now advising close contacts to get a COVID-19 PCR test (ideally 5 days after exposure or day five of isolation).
- If the sibling of the Tweeddale child tests positive, then of course the family needs to isolate, if they test negative, they must still complete ten days isolation following national guidance https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance
- All members of the household aged 11 and over should continue to do their regular LFD test twice a week (every 3 to 4 days).
- Anyone with symptoms should get a PCR test as soon as possible and isolate with their household. https://www.nhs.uk/ask-for-a-coronavirus-test
- Please inform the school of any positive result immediately.

Further Guidance

To book a test, please visit https://www.gov.uk/get-coronavirus-test. You will be asked to identify whether they have COVID19 symptoms. If you have no symptoms, you should select 'No' for this answer and proceed through the questions until they get to the question: Why are you asking for a test?

If your child has had a positive PCR test in the last 90 days, you do not need to book another one unless they have new symptoms. If your child has had a recent test using a Lateral Flow Device (LFD), we would ask that they still take a PCR test using the process above. The website will provide information of how to take the test and you will be informed directly of a positive or negative result.

If you agree for your child to be tested and they receive a positive result:

- They must self-isolate, along with your household, and follow the national guidance: COVID-19: guidance for households with possible coronavirus infection - GOV.UK (www.gov.uk).
- Please inform the school of any positive result and also complete NHS Test and Trace so that contacts receive appropriate advice to avoid onward transmission.
- If your child tests negative, they should still continue with their ten-day isolation as a close contact as they may be incubating the disease.

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19 they need stay at home and self-isolate immediately and get a test through https://www.nhs.uk/ask-for-a-coronavirus-test or by calling 119. Your household needs to isolate too. This includes anyone in your 'Support Bubble'.

If your child tests positive, your child and household need to continue isolating for at least 10 days from the date when their symptoms appeared (or date of their positive test if they do not have symptoms). Add your child's details to NHS Test and Trace and inform the school/educational setting so that other close contacts can be identified and advised to isolate.

The isolation period includes the day their symptoms started and the next 10 full days. This means that if, for example, symptoms started at any time on the 15th of the month, the isolation period ends at 23:59 hrs on the 25th. In the absence of symptoms, the isolation would start from the date of the test was taken and continue for ten days after this. If the person does not have symptoms when testing positive but goes on to develop symptoms, the isolation is extended for ten days after the onset of symptoms as explained here (in the "if you tested positive" section). If other household members become unwell they need to extend their isolation period.

If your child does not get tested they will need to isolate with the household and support bubble for at least 10 days from the onset of symptoms.

Household members should not go to work, school or public areas and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online. Household members staying at home for 10 days, will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able to move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

Symptoms of COVID 19
The most common symptoms of coronavirus (COVID-19) are recent onset of:
- A new continuous cough and/or
- A high temperature and/or
- A loss of, or change in, normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.
If your child does develop symptoms, you can seek advice from NHS 111 at https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/main-symptoms/ or by phoning 111.

How to stop COVID-19 spreading
There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19:
- Wash your hands with soap and water often – do this for at least 20 seconds.
- Use hand sanitiser gel if soap and water are not available.
- Wash your hands as soon as you get home.
- 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 11 years and over.

Further information is available at:

https://www.nhs.uk/conditions/coronavirus-COVID-19/

Further information on rapid lateral flow tests are available at: https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests

Guidance in different languages: https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance