

Dear Parents and Carers,

As of April 19<sup>th</sup> 2022, schools are expected to operate as they did prior to March 23<sup>rd</sup> 2020. Put simply, this means children are expected to attend school if they are well and staff are expected to attend their place of work if they feel fit enough.

If a child or a member of staff is unwell – whatever the symptoms - they should not attend school until they are feeling better. In other words, if a person has covid symptoms they treat it in the same way as any other illness. There is no expectation that LFT or PCR tests are taken. (These tests can be ordered at cost from pharmacies.) They should also be mindful of contact with others, especially people who are vulnerable.

For your information, the government has updated the list of symptoms associated with Covid as follows –

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*

If a child is not well enough to attend school, there is no expectation that they complete school work at home so remote learning will no longer be set. [As they recover, reading books independently or with an adult, playing games, making things, fresh air and light exercise, watching educational programmes will be a helpful part of the convalescing process.]

Parents seeking advice on children's health should contact their GP or ring 111.

### What happens if a child is unwell at school?

Sometimes a child wakes up feeling under the weather but can perk up during the day. We are happy for the child to be brought to school, for the parent to explain the situation to the class teacher on the understanding that if we feel the child is struggling we would contact the parent to come and get the child. Similarly, a child may feel fine first thing but become unwell during the day. In which case we would contact the parent to collect the child.

### Will all the special covid arrangements end?

Some arrangements introduced because of covid have improved the way the school operates and covid is still very present in the community.

So staggered start times, entry and exit arrangements will remain unchanged to begin with.

The cleaning schedule for mid morning and after lunch will continue.

The frequent washing of hands will continue.

Zoom assemblies, staggered playtimes and dining arrangements will continue but will be reviewed early in the summer term – the views of staff and pupils will be canvassed.

Wearing PE kit to school on PE days will continue.

I am also interested in knowing the views of parents – please email the school via [admin@north.essex.sch.uk](mailto:admin@north.essex.sch.uk) and mark for the attention of myself or Jan Blackwell, Chair of Governors.

Looking forward to seeing all the children tomorrow.

Yours sincerely

Alan Garnett