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Dear parents and carers,

I hope that you are all well and that you enjoyed the Easter Break. We have had a positive start to the Summer Term at LMS with many events coming up. Please look out for separate communications about our Fun Run next Wednesday, 27<sup>th</sup> April and about the Walk for Wellbeing on May 20<sup>th</sup>.

Following the removal of the remaining covid-19 restrictions in England and in line with the government's [Living with COVID-19 plan](#), UKHSA has published [new guidance](#) for the general population on reducing the spread of respiratory infections, including COVID-19, in the workplace. This came into effect on Friday 1 April, and is also relevant to education and childcare settings.

### **Coronavirus Symptoms**

Children and young people aged 18 and under can get coronavirus (COVID-19), but it's usually a mild illness and most get better in a few days.

[Symptoms of COVID-19](#) can include:

- a high temperature or shivering (chills) – a high temperature 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
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

### **If your daughter develops symptoms of COVID-19**

If your daughter develops symptoms of COVID-19 she should follow the [UKHSA Guidance](#) about when she should stay at home.

If your daughter has mild symptoms such as a runny nose, sore throat, or slight cough, and is otherwise well, she can continue to attend school.

If your daughter is unwell and has a high temperature she should stay at home and avoid contact with other people, where she can. She can return to school and resume normal activities when she no longer has a high temperature and she is well enough to attend.

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

If you are concerned about your daughter's symptoms, or they are worsening, seek medical advice by contacting NHS 111. In an emergency dial 999.

### **Covid-19 Testing**

Free testing for coronavirus (COVID-19) from the NHS has ended for most people in England and the free testing services previously available at pharmacies, test sites, community collection points such as libraries, schools, nurseries and universities have closed.

It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

### **Who can get a free NHS COVID-19 test**

There are a small number of people who will still be able to get free COVID-19 tests from the NHS. To find out if you are eligible to get a free NHS COVID-19 test, refer to [NHS guidance](#).

### **If your daughter develops symptoms of Covid-19 at school**

If your daughter develops symptoms of Covid-19 whilst at school she must inform her class teacher or go to Reception immediately. Parents/carers will then be notified by phone/text and she will be sent home immediately. Anyone with symptoms should avoid using public transport and, wherever possible, be collected by a member of their family or household.

### **Absence reporting**

If your daughter has coronavirus symptoms or has received a positive test result, you must follow the usual protocol for student absence reporting (email the school on [admin@ladymargaret.lbhf.sch.uk](mailto:admin@ladymargaret.lbhf.sch.uk) or call reception on 020 7736 7138).

We very much hope that we will continue to stay well as a school community this term, that our Year 11 and 13 students will have a smooth public examination season and that we will be able to enjoy the many events of a more 'normal' Summer Term at LMS. By following this updated guidance, we aim to hold the balance of making sure we are protecting everyone and keeping

well, alongside enjoying the Summer Term to the full. If you have any questions, please do let us know.

Best wishes to you all,

Elisabeth Stevenson

Headteacher