

*Our Lady of Lourdes Catholic Primary School.
Manchester Drive, Leigh-on-Sea, Essex, SS9 3HS.
Telephone 01702 475689
Email: office@ourladyoflourdes.southend.sch.uk*

Monday 14 September 2020

Dear Parents,

Thank you for all of your support last week, together we made the first week back at school a very good start and this is amazing given the challenging circumstances we are all facing at the present time. It has been delightful to see our children back and get on with the job we all love. We do hope and pray that we can continue for as long as possible and given the current upturn in the infection rate we ask for your prayers to enable us all to live and work safely in this autumn term.

Despite the delay to our start, we have now gone full steam ahead welcoming 57 or our 59 new reception children as well as 5 other new pupils. A big welcome to them all! We have managed as the week has progressed to ensure that every child in years 1 to 6 is running for 15 minutes a day, as well as having two periods of PE of 40 minutes, as we understand the importance of physical and mental health at this time.

You will have seen that assemblies are happening online in classrooms, and apart from my own, Mrs Norris and Mr Green have led the children to think about The Wedding Feast of Cana and Rosh Hashanah this week. We are also delighted to hear music with Mrs O' Kane and science with Mrs Kidd.

We are really grateful to our new teachers who are managing well - it's always a challenge to start somewhere new and so we are proud of their achievements.

Our afterschool and breakfast clubs are working well and we recommend them to you: Breakfast Club is available every day from 7.15 to 9.00am every day at a cost of £4.00. If you need to drop your child at breakfast club for a short time when you drop an older child at school we will supervise them too for a reduced cost of £2.00

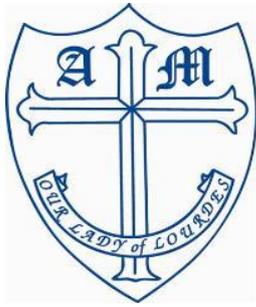
After school club is available every day from 3.00p.m. until 5.30p.m. at a cost of £7.00 Please remember to book in advance.

It would be really helpful to us if you send in any collection arrangements or medical appointment information first thing or in advance to the class teacher in writing please. Our system of bubbles means that communication is more difficult, and is most often via computer, so it is possible that messages received in the afternoon may not reach the class teacher.

Our office staff would be grateful if you could minimise phone calls to the office – if an email will work please choose this as your first option and hopefully this will mean that we manage more of your requests.

After this first week I think it is necessary to clarify our understanding of the procedures around children's sickness and the necessary response in these times. Please find an attached sheet called Medical Matters; we hope this will direct you to make the right decision about sending your child to school.

*Executive Headteacher: Mrs Sally Nutman
Part of the Assisi Catholic Trust Ltd, Company No 07696989
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In order to do our best to keep everyone safe, please note our procedures for all the circumstances where we might suspect a case of Covid-19 in school. We hope this clarification will remind you of the reasons why we will take the necessary actions for the benefit of everyone in our community.

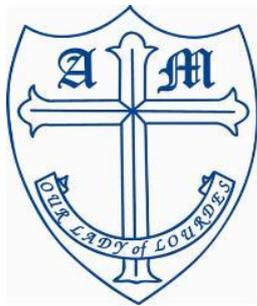
Finally, please make sure your child has all the necessary sun protection for the beginning of the week that is predicted to be warm and of course enough water to keep them hydrated.

Yours sincerely

Sally Nutman

Headteacher

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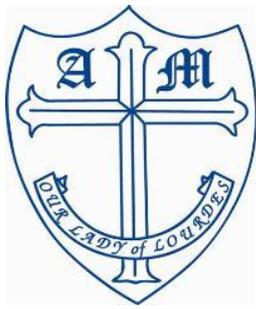
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Medical matters

Children must be kept at home if they are unwell, especially if they have a temperature. It is impossible for the school to determine if a child has a cold, flu or another virus. This grid will help identify if a child should be kept at home or attend school. We always recommend that if you are in any doubt, contact NHS 111.

Temperature			Coughing		Diarrhoea or sickness
	Notes	Should my child be in school?	Description	Should my child be in school?	
36.4C	This is a normal temperature for children	Yes	A nervous cough/clearing of the throat	Yes	
37.5C	This is above the usual temperature you would expect for a child.	If you are able to monitor your child at home, this would be recommended.	A chesty cough resulting from allergens, asthma (or recovering from a cold/chest infection*)	Yes	
37.8C	This temperature shows there is a fever.	No	Coughing continuously for more than an hour Coughing regularly – 3 or 4 times a day Coughing for no other reason (not clearing throat) No mucus/phlegm or gooey stuff coming up when coughing	No	
Loss of smell or taste			Sore throat/runny nose/headache/muscle ache		
	Notes	Should my child be in school?	Notes	Should my child be in school?	It is important to note that if a person has any of these symptoms, in addition to a raised temperature/ cough and loss of smell or taste, they must stay home, be
	Changes in sense of smell are most often caused by: <ul style="list-style-type: none"> a cold or flu sinusitis (sinus infection) It is also a symptom of Coronavirus. Loss of smell taste is	No. If your child has a cold or flu, or a sinus infection, they should not be in school. If they have not had a cold or flu, you need to seek advice from NHS 111 online coronavirus service. Yes	Sore throat – this is not a common symptom in isolation. Ensure your child has plenty of water and tissues if they need to clear their throat Runny nose – As above. Ensure they have plenty of tissues to blow their nose and remind them to put it in the bin.	Yes, if they have no other symptoms such as a temperature, cough or loss of smell or taste.	

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due to an allergy, like hay fever		Headache – This can be a symptom of dehydration. Ensure your child has plenty of water.	monitored and then tested if there is no improvement
		Muscle ache/fatigue – If there is no physical reason (sport, late night), it could be a cold, flu or other virus. We recommend that you keep your child at home and monitor them.	

*School were made aware of infection by parent at the time ~ either by email, doctor's appointment/letter or proof of antibiotics.

Procedures for Suspected Cases of Covid-19

If a child is displaying symptoms of Covid-19 at school, they will be sent home immediately and parents will be asked to get the child tested.

If a parent keeps their child at home because they are displaying symptoms of Covid-19, then the parent will be advised to get the child tested.

The child (and their household) should self-isolate at home pending the results of the test. Consequently, we will send all siblings home at this time.

If the Covid-19 test is negative, the child will be allowed to return to school as soon as they are feeling well enough.

If the test is positive, then the pupil must self-isolate at home for 10 days (from the date of the onset of symptoms) and until no fever for 48 hours.

The rest of the household and other close contacts will need to isolate for 14 days from the date of their last contact with the pupil. See below for a definition of a 'contact'.

If a child is living with someone who has symptoms of Covid-19, they should self-isolate until that person has had their test results. If the test is negative, the child may end isolation early and return to school.

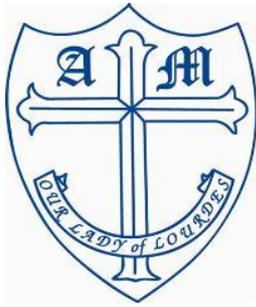
If a positive test is confirmed within the school community, Public Health England will advise and direct any decision relating to further quarantine/isolation measures.

If a child is sent home unwell or kept home by their parents because they are unwell and the symptoms are not those of Covid-19, there is no need to get a test. The child should return to school when they are recovered.

Symptoms of Covid-19

- a high 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)

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- a loss or change to your sense of smell or taste

A **'contact'** is a person who has been close to someone who has tested positive for Covid19 anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms (this is when they are infectious to others). For example, a contact can be:

- people who spend significant time in the same household as a person who has tested positive for Covid-19
- a person who has had face-to-face contact (within one metre), with someone who has tested positive for Covid-19, including:
 - being coughed on
 - having a face-to-face conversation within one metre
 - having skin-to-skin physical contact, or
 - contact within one metre for one minute or longer without face-to-face contact
- a person who has been within 2 metres of someone who has tested positive for Covid-19 for more than 15 minutes
- a person who has travelled in a small vehicle with someone who has tested positive for Covid - 19 or in a large vehicle or plane near someone who has tested positive for Covid -19.

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