

Dear Parents/Carers,

Good morning,

Firstly, thank you for all your kind, supportive words yesterday. Please be assured we are still here for you even when learning remotely. We are supporting many children and adults with devices, learning aids and school dinners. We are also able to provide Foodbank vouchers if in hardship or indeed signpost any organisations that can help locally.

A second member of the Year 3/4 bubble has tested positive for Coronavirus after a PCR test. We now have 5 positive cases in the Year 1/2 bubble and 2 in the Year 3/4 bubble. Symptoms are variable (if there are any at all) so please do err on the side of caution and if your child is unwell in any way with headaches, flu, tiredness etc, as well as changes of smell, coughing or a temperature- order a test. The turnaround for results appear to be quicker than a few months ago.

Can I please remind everyone to follow the current Covid guidelines. EVERYONE NOT IN THE AFFECTED BUBBLES (eg Nursery, Little Dragons, Years 5 and 6 and any children from 1-4 who have not been in school last week or Monday)

- Adults at present should only be going out to essential work
- Aside from a childcare bubble (which shouldn't change around) please don't mix with other households, including other family
- Adults wear a mask unless medically exempt when asked to in places like shops or public transport
- You can go out for exercise with children as a family (this is not the same as sending children out to play independently)

2) ANY MEMBER OF CLASS BUBBLES WHERE THERE HAS BEEN A POSITIVE TEST

- Stay at home and self-isolate. Do not go to public areas and do not use public transport or taxis.
- Your isolation period includes the day the first person in your bubbles' symptoms started (or the day their test was taken if they did not have symptoms, whether this was an LFD or PCR test), and the next 10 full days. This means you can return to school on Wednesday 3rd February unless you have symptoms
- If you do not have symptoms of COVID-19 yourself, you do not need a test. Only arrange a test if you develop COVID-19 symptoms or if you

are asked to do so as part of a wider testing scheme. If for any reason you have a negative test result during your 10 day isolation period, you must continue to self-isolate. Even if you don't have symptoms, you could still pass the infection on to others. Stay at home for the full 10 days to avoid putting others at risk.

- If you develop symptoms while you are isolating, arrange to have a COVID-19 PCR test. If your test result is positive, follow the advice for people with COVID-19 to stay at home and start a further full 10 day isolation period. This begins when your symptoms started, regardless of where you are in your original 10 day isolation period. This means that your total isolation period will be longer than 10 days.

### 3) IF YOU HAVE TESTED POSITIVE FOR COVID 19

- If you develop symptoms of COVID-19, stay at home and self-isolate immediately. If you have a positive test result but do not have symptoms, stay at home and self-isolate as soon as you receive the results. Your household needs to isolate too.

- Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days.

- A positive PCR test result means you must complete your full isolation period. Your isolation period starts immediately from when your symptoms started, or, if you do not have any symptoms, from when your first test was taken, whether this was an LFD or a PCR test.

- A positive LFD test result also means you must complete 10 days isolation, unless this is followed by a PCR test and the result is negative.

- You can return to your normal routine and stop self-isolating after 10 full days if your symptoms have gone, or if the only symptoms you have are a cough or anosmia, which can last for several weeks. If you still have a high temperature after 10 days or are otherwise unwell, stay at home and seek medical advice.

- If you are isolating because of a positive test result but did not have any symptoms, and you develop COVID-19 symptoms within your isolation period, start a new 10 day isolation period by counting 10 full days from the day following your symptom onset.

- Most people with COVID-19 will experience a mild illness. Seek prompt medical attention if your illness or the illness of someone in your household is worsening.

- Stay as far away from other members of your household as possible, especially if they are clinically extremely vulnerable. Wherever possible,

avoid using shared spaces such as kitchens and other living areas while others are present and take your meals back to your room to eat. Wear a face covering or a surgical mask when spending time in shared areas inside your home.

- Take exercise within your home, garden or private outdoor space.

Follow the general advice to reduce the spread of the infection within your household.

If you have any questions, please do ask. We are here to help you and can be reached by Class Dojo, [office@stgeorges.cumbria.sch.uk](mailto:office@stgeorges.cumbria.sch.uk) and by ringing 01229 841240 between 9 and 3pm.

Regards,  
Mr Herbert