

28<sup>th</sup> February 2022

# NEWSLETTER



**STARBECK**  
PRIMARY ACADEMY

Dear Parents & Carers,

Welcome back to the second half of the Spring term. We have lots planned for the next 6 weeks both in terms of curriculum and non-curriculum activities. This will include a return to some planned FOSS activities. This letter is to provide an update following the changes to the COVID-19 guidance during the holiday.

## LATEST GOVERNMENT COVID ADVICE

Since 24<sup>th</sup> February, the legal requirement to isolate has been removed. However, the advice from both the Department for Education as well as the UK Health and Safety Agency is clear in that anyone testing positive or with symptoms of Covid-19, should continue to isolate. This is the most up to date guidance.

*If you have COVID-19 you can infect other people from 2 days before your symptoms start, and for up to 10 days after. You can pass on the infection to others, even if you have mild symptoms or no symptoms at all. If you have COVID-19 you should stay at home and avoid contact with other people.*

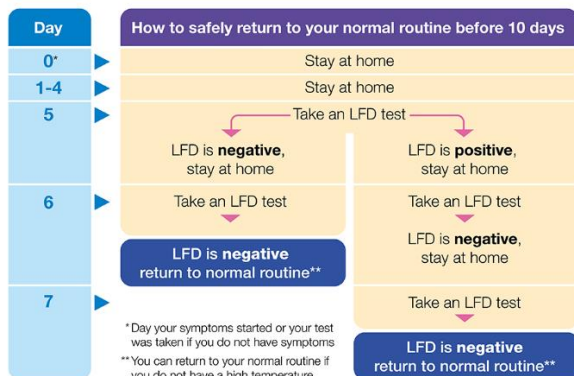
*You should:*

- *not attend work. If you are unable to work from home, you should talk to your employer about options available to you. You may be eligible for Statutory Sick Pay*
- *ask friends, family, neighbours or volunteers to get food and other essentials for you*
- *not invite social visitors into your home, including friends and family*
- *postpone all non-essential services and repairs that require a home visit*
- *cancel routine medical and dental appointments. If you are concerned about your health or you have been asked to attend an appointment in person during this time, discuss this with your medical contact and let them know about your symptoms or your test result*
- *if you can, let people who you have been in close contact with know about your positive test result so that they can follow this guidance*

*Many people will no longer be infectious to others after 5 days. You may choose to take an LFD test from 5 days after your symptoms started (or the day your test was taken if you did not have symptoms) followed by another LFD test the next day. If both these test results are negative, and you do not have a high temperature, the risk that you are still infectious is much lower and you can safely return to your normal routine.*

*If your day 5 LFD test result is positive, you can continue taking LFD tests until you receive 2 consecutive negative test results.*

**Children and young people with COVID-19 should not attend their education setting while they are infectious.** *They should take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these tests results are negative, they should return to their educational setting if they normally attend one, as long as they feel well enough to do so and do not have a temperature. They should follow the guidance for their educational setting.*



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If you have any questions in relation to your own circumstances, please do contact our school office team who will be happy to discuss this with you. It is very important that we continue to be vigilant in dealing with this virus. We have been very grateful over the last few terms for your prompt communications with the school and for following advice set out by the government.

In school, we continue to promote the key foundations of ensuring good hygiene for everyone. These include:

- Good Hand Hygiene – regular hand washing throughout the day
- Respiratory Hygiene – the 'Catch it, Bin it, Kill it' message and approach
- Well ventilated rooms and occupied spaces (monitored by CO<sub>2</sub> monitors)
- Appropriate cleaning regime

The full advice for anyone who tests positive or is a contact of someone testing positive can be found via this link:

<https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts>

We will be in touch again very soon with lots more news and updates as we head further into the Spring term.

Yours sincerely,

Mr G de Castro-Morland  
Headteacher