

September 2021



Dear NCS families,

If our child has been in close contact with an individual that has had a positive PCR test there is no longer a requirement to immediately self isolate.

In line with the local guidance we recommend that your child has a PCR test (if they have not already tested positive in the last 90 days). You can book online at: <https://www.gov.uk/get-coronavirus-test>

Your child, and other members of your household can continue normal activities, provided your child does not develop symptoms whilst awaiting the PCR result.

If your child has no symptoms and has already had a PCR test as a result of a recent letter from the school/setting, you may consider **one further PCR** test 4-7 days following close contact. Otherwise, it is recommended that you continue with regular lateral flow testing.

In addition to the PCR test, we are advising children and parents to undertake lateral flow tests twice weekly (unless they have tested positive in the last 90 days). For information regarding access to lateral flow tests see:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/>

Additional lateral flow tests are also available from the school reception.

Should the PCR (or any lateral flow testing) yield a positive result, we would ask that your child isolate, and follow national "Stay at Home" guidance:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

We are asking you to do this to reduce the further spread of COVID 19 to others in the community. If you need support with isolation, please contact your local Council on 0800 408 1447.

Please see below guidance for if your child/anyone in the household develops COVID-19 symptoms.

What to do if your child develops symptoms of COVID 19

For most people, especially children, COVID-19 will be a mild illness.

The most common symptoms of COVID-19 are recent onset of:

- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia)

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If your child develops any of these symptoms of COVID-19, they should remain at home and arrangements should be made for them to be tested. This should be an NHS PCR test and **NOT** a rapid test taken at a community testing site (an LFT test). At that time, household members who are over 18 years and 6 months and **not fully vaccinated**, must also stay at home, not go to work, school or public areas, even for exercise.

Testing can be arranged online: <https://www.gov.uk/get-coronavirus-test>

When the result of the child's test is known further advice will be available.

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19:

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

Further information

Further information is available at nhs.uk/coronavirus

Yours sincerely

A handwritten signature in black ink, appearing to read 'A Ramsay'.

A Ramsay
Head