



Pilgrims' Way Primary School

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Headteacher: Miss AM Middleton



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Dear Parents and Carers,

I hope you are having a lovely Easter break.

Before we return to school next Tuesday 19th April, I just wanted to update you on the changes to children attending school who have symptoms or have a positive test for COVID 19.

What to do if your child tests positive for COVID 19

If a child or young person has a positive COVID-19 test result they should stay at home and where possible avoid contact with other people for 3 days after the day they took the test. In line with our Risk Assessment, we will insist on this for the safety of all our children, families and staff.

What to do if your child has symptoms

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/>

Updated Symptoms for children 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.

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to school, or do their normal activities

They can go back to school, when they feel better or do not have a high temperature. If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school, college or childcare.

Encourage your child to cover their mouth and nose with a tissue when they cough or sneeze, and to wash their hands after using or throwing away tissues.

We very much look forward to welcoming the children back on Tuesday 19 April and hope everyone remains fit and well.

Kind regards

A handwritten signature in black ink, appearing to read 'AM Middleton', written in a cursive style.

Miss AM Middleton
Headteacher