



St John's Highbury Vale C of E Primary School

Conewood Street, London N5 1DL

Tel: 020 7226 4906

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Head of School: Mrs Lindsey Hodgson

Executive Head: Mrs Tonnie Read

Wednesday 27th April 2022

Dear Parents and Carers,

RE: Living with Covid – Updated Guidance

As we move away from our last Covid restrictions, I write to provide you with the latest guidance provided by Islington on Living with Covid and the new UK Health Security Agency. Most of the specific guidance for education settings was withdrawn on Friday 1st April what follows is the most recent guidance from UKHSA and Islington:

Respiratory infections are common in children and young people, but they are at a lower risk from COVID-19 infection, compared to the wider harms of missed or disrupted education.

Given the importance of education, children and young people **should continue** to attend their nursery, school, college or university if they have mild respiratory symptoms. Only if they are unwell or have a high temperature should they stay at home. They should avoid contact with other people until they feel well enough or no longer have a temperature.

COVID-19 testing is no longer recommended for children and young people aged 18 years and younger unless directed by a health professional. If they do test positive for COVID-19 they should try and avoid contact with others for 3 days after the day they took a test. After 3 days, they can resume normal activities, including returning to education, provided they feel well and do not have a high temperature. It is also recommended that children and young people who live with someone who has tested positive for COVID-19 continue to attend their education setting as usual.

Specifically for education settings we have been given the following guidance:

1. Adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature
2. Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school when they no longer have a high temperature, and they are well enough to attend.





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3. Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days, which is when they are most infectious. For children and young people aged 18 and under, the advice is for 3 days of no contact with other people.

The list of COVID-19 symptoms has been updated and now includes:

- A high temperature or shivering (chills)
- A new, continuous cough
- 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

Regular asymptomatic testing is no longer recommended in any education setting, therefore, settings will no longer be able to order test kits.

The school's Risk Assessment is being updated, once it is completed, it will be published on the school's website. I will keep you updated of any further changes and look forward to safely moving further and further away from the restrictions we have employed of the last few years.

If you would like to discuss anything in this letter, please feel free to contact me via the school office.

Yours sincerely,

Lindsey Hodgson
Head of School

