



St John's Highbury Vale C of E Primary School

Conewood Street, London N5 1DL

Tel: 020 7226 4906

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Executive Headteacher: Mrs Tonnie Read

Head of School: Ms Hasina Khan

17th October 2023

Dear Parents & Carers,

As we head towards the Autumn and Winter months, a number of parents have been asking for guidance about Covid protocols and what to do in general, if their child is sick. The Chief Medical Officer has provided guidance to help parents understand whether they should send their children to school or not if they are unwell.

The guidance recommends that:

- Children should go to school with mild respiratory illnesses (minor cough, runny nose, sore throat)
- Children with a temperature over 38°C and more severe respiratory illnesses should be kept at home.

What to do if you have symptoms of COVID-19

Children are no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test

Try to stay at home and avoid contact with other people if you or your child have symptoms and either:

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

Children can go back to their normal activities 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 or childcare

For other mild illnesses, please see the guide below.

For more information, as it can be tricky deciding what to do for the best, there is more information on the NHS website

[Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk)

If your child is unwell and they need to stay at home, please call school and let us know, so we do not have to call you to find out why your child is absent.





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Many thanks and let's hope everyone stays as healthy as they can!

Yours faithfully,

Ms H Khan

Head of School

