



Dear Parent/Carer

April 2022

Updated Attendance Guidance: Living with COVID-19

You will be aware that new Government advice concerning [Living with COVID-19](#) came into effect on 01 April 2022, with new guidelines for attendance where a student is experiencing COVID-19 symptoms.

The symptoms of COVID-19, flu and other respiratory illnesses are very similar, and so (without a test) it is not possible to tell which of these you are suffering from, based on symptoms alone. Respiratory infections are common in children and young people, particularly during the winter months. Symptoms can be caused by several respiratory infections including the common cold, COVID-19 and RSV. Therefore, students with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, should continue to attend school.

However, the one symptom which remains the highest predictor of a possible COVID-19 infection is a high temperature. Therefore, young people who are unwell and have a **high temperature** (38 degrees or above) **should stay at home** and avoid contact with other people, where they can. They can come back to school and resume normal activities when they no longer have a high temperature and they are well enough to attend.

It is no longer recommended that young people are tested for COVID-19 unless directed to do so by a health professional. If a young person does have a positive COVID-19 test result they should stay at home and avoid contact with other people for 3 days after the day they took the test. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower and so they should return to school.

Students who live with someone who has a positive COVID-19 test result should continue to attend school as normal.

When reporting an absence, it is important to detail if your child has been advised by a medical professional to take a COVID-19 test on the [School Absence Form](#) together with the date the test was taken and their symptoms. All Absence Forms must be submitted before 8.30am on the day of absence.

Thank you for your continuing support.

Yours sincerely

David Beattie
Deputy Headteacher