

24th March 2022

Advice to All Parents/Carers - warn and inform

Dear Parents/Carers,

As you know, there are high numbers of confirmed cases of COVID-19 within Cornwall. We had six cases in Pencalenick School, mostly in one class. I appreciate that you may find this concerning, so we are continuing to monitor the situation. We have to remain vigilant where we can to protect the most vulnerable students and staff.

I have been requested by Public Health to remind everyone of the best ways to support your families and school. Much of this information is not new, but I am obliged to share it with you. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

Please contact Danny Barry or myself with any concerns or questions.

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or on: 01872 520385

What are we already doing?

Students and staff who have tested positive are staying at home and will return to the setting once they are well and have completed the recommended isolation period. Outbreak control measures are also in place within Pencalenick School and kept under review.

If your child is well

Pencalenick School remains open. If your child remains well, they can continue to attend school as normal.

If your child develops symptoms of COVID-19 or tests positive for COVID-19

If your child develops symptoms of coronavirus (COVID-19), they should get a PCR test (<https://www.gov.uk/get-coronavirus-test> or call 119) and remain at home at least until the result is known and they are fever free (without medication) for at least 24 hours.

- If negative, the child can return to Pencalenick School once well.
- If positive, the child should isolate as a positive case (see below)

People who test positive for COVID-19 should self-isolate at home until they are well enough to return, no longer have a temperature and *either*.

- a) 10 full days have passed, *or*
- b) They have produced two negative LFD tests on consecutive days, with the first taken no earlier than day 5.

Note: Lingering coughs and changes to smell/taste are *not* a sign of ongoing infectiousness, so children can return to school if they have ended the recommended self-isolation period (see above).

If your child does not have symptoms, count the day they took the test as day 0.

You can seek advice on COVID-19 symptoms from the [nhs.uk website](https://www.nhs.uk). If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

Advice for people who live in the same household as someone who has tested positive for COVID-19 or is symptomatic and awaiting a test result

Children and young people who usually attend an education or childcare setting and who live with someone who has COVID-19 can continue to attend the setting as normal.

Those who are [at higher risk of severe illness from COVID-19](#) should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not. People at higher risk of becoming severely unwell if they are infected with COVID-19 include:

- Older people
- Those who are pregnant
- Those who are unvaccinated
- People of any age with a [severely weakened immune system](#)
- People of any age with [certain long-term conditions](#).

How to reduce spread of COVID-19 if you live with someone who has COVID-19

Even if you are vaccinated, you can still be infected with COVID-19 and pass it on to others. People who live in the same household or have had an overnight stay with someone with COVID-19 or at highest risk as they are more likely to have had prolonged contact., you can help protect others by following the [guidance on how to stay safe and help prevent the spread](#).

To reduce the spread of COVID-19 in your community:

- Minimise your contact with the person who has COVID-19

- Work from home if you are able to do so (children and young people who are close contacts should continue to attend childcare and education as normal)
- Avoid contact with anyone you know who is at [higher risk of becoming severely unwell](#) if they are infected with COVID-19, especially those with a severely weakened immune system.
- Limit close contact with other people outside your household, especially in enclosed spaces (when not in Pencaelnick School).
- Wear a well fitting [face covering](#) with multiple layers or a surgical face mask for those aged 11 and over in crowded, enclosed or poorly ventilated spaces and when you are in close contact with other people.
- Pay close attention to the [main symptoms of COVID-19](#). If you develop these symptoms [order a PCR test](#). You are advised to stay at home and avoid contact with other people while you are waiting for your test result.
- Follow the guidance on [how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](#)

You should follow this advice for 10 days after the person you live with or stayed with symptoms started (or the day their test was taken if they did not have symptoms).

If you are a [health or social care worker](#) or student undertaking a work placement, there is [additional guidance](#) available that you should follow to reduce the risk of spread of COVID-19 in these settings.

If you develop symptoms at any time, even if these are mild, you are advised to stay at home and avoid contact with others, [arrange to have a COVID-19 PCR test](#) and follow the [guidance for people with COVID-19 symptoms](#).

For most people, coronavirus (COVID-19) will be a mild illness.

How to stop coronavirus (COVID-19) spreading

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

- [Get vaccinated](#) – everyone aged 12 and over can book COVID-19 vaccination appointments now and all adults have been offered at least 2 doses. Further advice about the recommended vaccination schedule and how to book a vaccine appointment is available [here](#).
- Get tested and stay at home if you have the main symptoms of COVID-19.
- Wash your hands with soap and water or use hand sanitiser regularly throughout the day

- 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
- Meet people outside and avoid crowded areas
- Open doors and windows to let in fresh air if meeting people inside
- Wear a face covering if aged 11 and over when it's hard to stay away from other people – particularly indoors or in crowded places with people you do not usually meet

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely,



Gary Oak
Head Teacher