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Dear Parents and Carers,

Firstly, a warm welcome back to school for the summer term; I hope you all had an enjoyable Easter holiday. I would like to take this opportunity to thank you for your child's impeccable presentation today wearing their summer uniform. Again, it reinforces my appreciation of all of your support and for children's pride in wearing their Oak Meadow uniform. Thank you!

Secondly, I write to inform you of newly released guidance regarding Coronavirus (COVID-19) symptoms in children: https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/?utm_source=07%20April%202022%20C19&utm_medium=Daily%20Email%20C19&utm_campaign=DfE%20C19

The guidance acknowledges that for most children and young people aged 18 and under, coronavirus (COVID-19), is usually a mild illness and most get better in a few days. The symptoms might 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.

What to do if your child has symptoms? *Your child should 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 return to school when they feel better or do not have a high temperature – this may be after three days. If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can return to school after three days' isolation.

Most children who are unwell will recover in a few days with rest and plenty of fluids.

Yours sincerely, *S Arnold.*

From tiny acorns mighty oaks grow...

