

Thursday 20th January 2022



Dear Parents/Carers,

Confirmed case of Covid-19 at Meridian

A confirmed case of COVID-19 (coronavirus) has been reported to school today for a Year 2 child.

- This child was last in school on Monday and has just received their test result.
- The child became unwell on Monday evening and their symptoms were shivering and vomiting.
- The child did **not** attend Breakfast Club or Play Club.

The school remains open and all children can continue to attend school as normal, providing they are well. I have advised all Year 2 parents to arrange for their child to take part in daily lateral flow testing for 7 days. I have advised relevant staff to do the same.

Please continue to be vigilant in monitoring your child for any Covid symptoms, however mild.

- If your child develops any one of the main symptoms of COVID-19 (a high temperature, a new, continuous cough or a loss or change to their smell or taste), they should take a PCR test, not an LFD (lateral flow) and should self-isolate whilst waiting for the result.
- If someone with symptoms has already taken an LFD test for any reason and the result is positive, they do not currently need to take a follow-up PCR test.
- Whilst we recognise that there are other reasons for a high temperature, cough, or a change to someone's smell and taste, please do not self-diagnose. By following the guidance on testing and self-isolation, we are all helping to keep our community as safe as possible and the school open to as many children as possible.

Please continue to inform us straight away of a positive test result.

- You can telephone the school on 020 8858 3572 during school hours.
- You can email sao@meridian.greenwich.sch.uk at any time. The school email address is monitored outside of school hours for Covid notifications.

Our current risk assessment can be found on the school website.

- See the 'Covid-19 Update' page and click on the button 'Covid Contingency Plan'
<https://www.meridian.greenwich.sch.uk/Covid19Update>

There are recent changes to guidance related to testing and self-isolation. Please see pages 2 and 3 of this letter for more information.

Thank you for your ongoing support in keeping our school community as safe as possible. If you have any questions, please do not hesitate to contact me via the school office sao@meridian.greenwich.sch.uk.

With my very best wishes,

Jo

Jo Graham - Headteacher

Further information about Covid-19 including recent changes to guidance

What are the symptoms of Covid-19?

As defined by the NHS, the [Main symptoms of coronavirus \(COVID-19\)](#) are:

- **a high temperature** - this 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 (of you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** - this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

What should I do if my child develops one or more symptoms of COVID-19, however mild?

If your child has **any one** of the above Covid symptoms, **however mild**, they should arrange a PCR test (not a lateral flow test) and remain at home until the result is known. If negative, your child can end self-isolation. If positive, your child should isolate in line with current guidance.

- Follow this link to arrange a PCR test: [Ask for a coronavirus test](#) or call 119.
- Please note that, in our experience, results from a test taken at a walk-in or drive-through test site are returned more quickly than those from a postal test.
- Please inform us straight away of a positive test result by emailing sao@meridian.greenwich.sch.uk or telephoning the school on 020 8858 3572. The school email address is monitored outside of school hours for Covid notifications.
- If you need help in arranging a PCR test, please contact the school office.

More information can be found here: [When to self-isolate and what to do - Coronavirus \(COVID-19\)](#)

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>.

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.

What are the changes to guidance?

Information on testing and self-isolation has recently changed:

1. From Monday 17 January, **people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature.**

For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.

- The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day.
- All test results should be reported to NHS Test and Trace.
- If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.
- Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10 day period of self-isolation.
- Further [information on self-isolation for those with COVID-19](#) is available by following this link.

2. Confirmatory PCR testing following a positive result on a lateral flow device (LFD) is temporarily suspended.

This means that people who have tested and reported a positive LFD result will no longer be advised to get a confirmatory PCR test.

This change is informed by public health advice. With high COVID-19 rates, the risk of a positive LFD result being false is very small. People don't need to do a confirmatory PCR unless they:

- wish to claim the Test and Trace Support Payment;
- have been advised to take a PCR test because they are in a clinically vulnerable group;
- have been advised to do so as part of a research or surveillance programme;
- have received a positive day 2 LFD after arriving into the UK.

If anyone has any of the main symptoms of COVID-19, they are strongly advised to take a PCR test, not an LFD test. If someone with symptoms has already taken an LFD test for any reason and the result is positive, they do not need to take a follow-up PCR test.

3. Daily testing for close contacts of COVID-19

People who are fully vaccinated and children identified as a close contact of someone with COVID-19, should take an LFD test every day for seven days and continue to attend their setting as normal, unless they have a positive test result or develop symptoms at any time.

[Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person - GOV.UK](#)

[Stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection - GOV.UK](#)

Guidance on when and how to get tested: [Get tested for coronavirus \(COVID-19\) - NHS](#)

Guidance on when to self-isolate: [When to self-isolate and what to do - Coronavirus \(COVID-19\)](#)