



# ELVINGTON CHURCH OF ENGLAND PRIMARY SCHOOL

*'Working Together We Can All Achieve Success'*

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Tuesday 13<sup>th</sup> July 2021

Dear Parents/Carers,

As you will no doubt be aware, there has been much reported in the media this week about rising infection rates and the implications this is having on bubbles, or whole schools, needing to close (Fulford Secondary School is a local example of this).

On advice from Public Health England (PHE), pupils in primary schools and children in nursery settings are not included in the rapid asymptomatic testing programme.

PHE has advised that there are currently limited public health benefits to testing primary-aged pupils with lateral flow devices (LFD). In addition, primary-aged pupils, particularly younger children, may find the LFD testing process unpleasant and are unable to self-swab.

We are advising that primary-aged pupils should only be tested if they are symptomatic, in which case their families should follow the guidance for households with possible or confirmed coronavirus (COVID-19) infection and book a PCR test for the child ([www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)).

The main symptoms of COVID-19 in children are:

- a high 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 sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal.

There have been a number of other symptoms widely reported for children who have tested positive for COVID-19, especially with the Delta variant. These include:

- nasal congestion or runny nose,
- sore throat,
- diarrhoea and vomiting,
- stomach pain,
- headache,
- Muscle ache (myalgia).

While it does seem like children can get a wider range of coronavirus symptoms than adults, these symptoms may also be a sign of another infection or illness entirely. It is important not to miss the signs of another serious illness.

“I have come in order that you may have life – life in all its fullness.” John 10:10

 <p><b>Make space at the school gates!</b></p> <p>At drop off and pick up:</p> <ul style="list-style-type: none"> <li>📖 Follow the guidance from your child's school</li> <li>😊 Wear a face covering if asked to by your school</li> <li>🚶 Stay two metres away from other people</li> </ul> <p>Let's be York Explore Inspire Learn</p>	 <p><b>Covid tests</b></p> <ul style="list-style-type: none"> <li>😊 Use home tests for anyone aged 11 and over with <b>no</b> Covid symptoms</li> <li>❌ Do not use home tests on children under 11</li> <li>😊 If you or your child have Covid symptoms, book at: <a href="https://gov.uk/get-coronavirus-test">gov.uk/get-coronavirus-test</a></li> </ul> <p>Let's be York Explore Inspire Learn</p>
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## Advice for parents/carers during coronavirus

It can be confusing to know what to do when your child is unwell during the coronavirus pandemic. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Only one parent/carer will be able to attend A&E with their child. Please use the hand sanitisers provided, wear a face covering in enclosed spaces and maintain social distancing. **Remember: if your child is unwell, seek advice and medical attention.**

Here is some advice to help:

 <p><b>RED</b></p> <p><b>If your child has any of the following signs:</b></p> <ul style="list-style-type: none"> <li>• Pale, mottled (blotchy) skin that feels unusually cold.</li> <li>• Severe breathing difficulty – long pauses in their breathing, irregular breathing, starts going blue, or is too breathless to talk / eat / drink.</li> <li>• A fit / seizure (unless these are expected).</li> <li>• Becomes extremely distressed (crying for a very long time despite distraction), is confused, sleepy all the time and difficult to wake up or not responding even when awake.</li> <li>• Has a rash that does not disappear when a glass is lightly pressed against the skin.</li> <li>• Under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other RED or AMBER features).</li> <li>• Pain in the testicles, especially in teenage boys.</li> <li>• The child has seriously harmed themselves and needs medical help.</li> <li>• <b>If you are frightened because your child looks very unwell.</b></li> </ul>	<p><b>You need urgent help:</b></p> <p>Go to the nearest A&amp;E department or call 999</p>
 <p><b>AMBER</b></p> <p><b>If your child has any of the following signs:</b></p> <ul style="list-style-type: none"> <li>• Finding it hard to breathe, including: drawing in of the muscles below their lower ribs, at their neck or between their ribs.</li> <li>• Seems dehydrated (sunken eyes, drowsy or no wee passed for 12 hours).</li> <li>• Becomes excessively sleepy or irritable (unable to settle with toys, TV, food or comfort) - especially despite their temperature coming down.</li> <li>• Extreme shivering or muscle pain without an obvious explanation.</li> <li>• Babies of 3 to 6 months of age with a temperature of 39°C / 102.2°F or above.</li> <li>• Babies and children with a fever of 38°C or above for more than 5 days</li> <li>• Constantly being sick.</li> <li>• Constant or worsening tummy pain.</li> <li>• Blood in the poo or wee.</li> <li>• Increasingly thirsty and weeing more.</li> <li>• Any injury of arms or legs causing reduced movement or persistent pain.</li> <li>• Head injury causing constant crying or drowsiness.</li> <li>• <b>Is getting worse or if you are worried.</b></li> </ul>	<p><b>Immediately contact your GP and make an appointment for your child to be seen that day or call NHS 111 - dial 111.</b></p> <p>During the coronavirus pandemic, at peak times, access to a healthcare professional may be delayed. If symptoms continue for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111, then consider taking them to your nearest A&amp;E.</p>
 <p><b>GREEN</b></p> <p><b>Your child has none of the RED or AMBER signs above, care for them at home but watch for any new signs developing:</b></p> <ul style="list-style-type: none"> <li>• If your child has any symptoms that might be COVID-19 (high temperature, new continuous cough or loss of taste/smell) arrange for them to be tested via the NHS testing website or by calling 119.</li> <li>• You, and anyone in your support bubble, must remain at home until your child's test results are back.</li> <li>• If your child has been burned, visit <a href="https://safetea.org.uk/first-aid/">https://safetea.org.uk/first-aid/</a> for first aid advice and for information about when to seek medical attention.</li> </ul>	<p><b>Continue providing your child's care at home.</b></p> <p>If you are still concerned about your child, contact NHS 111 - visit <a href="https://111.nhs.uk">111.nhs.uk</a> or dial 111.</p>
 <p><b>MENTAL HEALTH</b></p> <ul style="list-style-type: none"> <li>• If you are worried and your child is known to child or adolescent mental health services (CAMHS), please contact them.</li> <li>• If your child needs urgent mental health support or advice, visit <a href="https://www.nhs.uk/service-search/mental-health">https://www.nhs.uk/service-search/mental-health</a> for local services and 24/7 urgent helplines, or text SHOUT to 85258</li> <li>• If you notice any self-harm injuries on your child, please contact the NHS 24/7 Mental Health online support (visit <a href="https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/">www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/</a>) or your GP.</li> <li>• If you are worried about an eating problem/disorder, contact BEAT (visit <a href="https://www.beateatingdisorders.org.uk/support-services/">https://www.beateatingdisorders.org.uk/support-services/</a>) or your GP.</li> <li>• Helpful advice is also available at Every Mind Matters (<a href="https://www.nhs.uk/onyou/every-mind-matters">https://www.nhs.uk/onyou/every-mind-matters</a>) and MindEd for Families (<a href="https://www.mindedforfamilies.org.uk/">https://www.mindedforfamilies.org.uk/</a>).</li> </ul>	



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Yours sincerely,



Mr. Andrew Buttery

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