

25 November 2021

Dear Parent/Guardian,

This letter is to inform you that there are a rising number of cases of COVID-19 at Lime Academy Larkswood.

We know that you may find this concerning, but we are continuing to monitor the situation and are working closely with Waltham Forest Public Health and the London Coronavirus Response Cell, to take all appropriate actions based on public health advice. This letter is to inform you of the current situation, and to provide advice on how to support your child. Our main ask of you as parents and carers is to:

1. Get tested regularly using a lateral flow device
2. Arrange a PCR test if you or your child has any symptoms
3. If your child has a positive PCR result, keep any siblings/household contacts at home to prevent further spread in the school

The school remains open and your child should continue to attend as normal if they remain well.

Get tested regularly using a lateral flow device

Testing remains important in reducing the risk of COVID-19 spreading within schools, by catching cases as early as possible. Regular testing will mean that even cases of COVID-19 where symptoms don't appear can be detected, helping to stop the spread.

We continue to advise all parents and those children who are eligible (aged 11 and over) to test twice weekly at home, with lateral flow device (LFD) test kits, 3 to 4 days apart. With the higher rates in the school at the moment, this ongoing advice is more important than ever.

You can pick up free packs of LFD test kits from local pharmacies, libraries or test sites (visit <https://www.walthamforest.gov.uk/content/covid-19-testing> for more information and your nearest locations) or order them online at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>.

Anyone with a positive LFD test result will need to:

- start their 10-day self-isolation period
- take a confirmatory PCR test **within two days** of the positive LFD result

If you or your child has coronavirus symptoms, you will need to do a PCR test (see below).

Anyone who has tested positive in the last 90 days doesn't need to take a test, unless they have symptoms (see below)

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Arrange a PCR test if anyone in your household has symptoms

As always, if your child has any of the three main symptoms of COVID (cough, high temperature or loss of taste/smell), they should self-isolate and must not come into school, and you should arrange for them to have a PCR test.

In addition, the public health advice for our school is now that if your child develops **any** other symptoms, they should still get a PCR test. This includes wider symptoms which are new, persistent or unusual such as flu-like symptoms, muscle ache or pain, excessive tiredness, persistent headache, runny or blocked nose, sore throat and/or hoarseness, shortness of breath or wheezing, nausea, vomiting or diarrhoea. Your child is NOT required to isolate while waiting for the PCR test on the basis of these symptoms, and should still come to school as normal, if well enough and appropriate to do so (as a reminder, children should not return to school within 48 hours of vomiting or diarrhoea).

There are four PCR testing sites open every day from 8am to 6pm in Waltham Forest:

- Stanley Road car park, Leyton E10 7EQ
- Linford Road car park, Walthamstow E17 3LS
- Church Lane car park, Leytonstone E11 1HG (Please note: this site is walk-in only, there is no parking on site)
- Richmond Road car park E4 7BN

You should not travel to PCR test sites by public transport – if you can't get there safely, you can book an appointment or a home test online via <https://www.gov.uk/get-coronavirus-test> or by calling 119.

If the test is negative, your child can end self-isolation (if they had to isolate); if positive, they should isolate until at least 10 days after their symptoms appeared. If the child has a positive test result but does not have symptoms, they should stay at home and self-isolate for 10 days from the date the positive test was taken. This isolation period will be extended if they go on to develop symptoms by counting 10 full days from the day following their symptom onset.

Household contacts of COVID-19 cases

If someone tests positive for COVID-19, all household members and identified close contacts of the case need to get a PCR test.

You are not legally required to self-isolate if you are a contact of someone who has tested positive for COVID-19 and you are fully vaccinated or below the age of 18 years 6 months.

However, because of the rising number of cases in the school, Waltham Forest Public Health have recommended that **all household contacts/siblings of positive cases should also stay at home for the 10-day self-isolation period**. This is to prevent the outbreak spreading to other year groups. The school will support your child with remote learning during this period.

Even if you are vaccinated, you can still be infected with COVID-19 and pass it on to others. If you are identified as a contact of someone with COVID-19 but you are not required to self-isolate, you can help protect others by following the guidance on how to stay safe and help prevent the spread. As well as getting a PCR test, you may also consider:

- limiting close contact with other people outside your household, especially in enclosed spaces
- wearing a face covering in enclosed spaces and where you are unable to maintain social distancing
- limiting contact with anyone who is clinically extremely vulnerable
- taking part in regular LFD testing

You should follow this advice while the person in your household with COVID-19 is self-isolating.



If any of the household develops symptoms at any time, even if these are mild, they must self-isolate immediately, arrange to have a COVID-19 PCR test and follow the [guidance for people with COVID-19 symptoms](#).

Yours sincerely,

Victoria Bruce
Interim Headteacher
Lime Academy Larkwood