

19 January 2022

Dear Parent/Guardian,

This letter is to inform you that there are a significant and 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. Keep any siblings/household contacts of cases at home to prevent further spread in the school
3. Arrange a PCR test if you or your child has any symptoms

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

1. 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 self-isolation period immediately.

2. Keep your child at home if they are a household contact of a COVID-19 case

Contacts of COVID-19 cases are legally required to stay at home and self-isolate for 10 full days **unless** they are fully vaccinated,¹ are aged under 18 years old, have taken part in or are currently part of an approved COVID-19 vaccine trial, or are not able to get vaccinated for medical reasons.

However, because of the significant and rising number of cases in the school, Waltham Forest Public Health have recommended that **all household contacts of positive cases should also stay at home**

¹ Fully vaccinated means you have had 2 doses of an approved vaccine such as Pfizer BioNTech, AstraZeneca or Spikevax (formerly Moderna); or one dose of the single-dose Janssen vaccine. Further guidance for contacts who are legally required to self-isolate can be found [here](#).



for 6 days. You can test your child on day 5 and day 6, 24 hours apart, and if negative, they can return to school on day 7. This is to prevent the outbreak spreading to other year groups. The school will work with you to support your child with remote learning during this period. In addition, they strongly recommend that all pupils who are household contacts take an LFD test every day for 7 days.

To further reduce the chance of passing COVID-19 on to others, all members of the household are advised to:

- limit close contact with people outside their household, especially in crowded, enclosed or poorly ventilated spaces
- work from home if they are able to
- wear a face covering in crowded, enclosed or poorly ventilated spaces and where they are in close contact with other people
- limit contact with anyone who is at higher risk of severe illness if infected with COVID-19

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 (unless they have already taken an LFD test and the result was positive) and follow the guidance for people with COVID-19 symptoms.

3. Arrange a PCR test if your child 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, unless they have already taken an LFD test and the result was positive. 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 by other means, 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 follow the stay at home guidance.

Yours sincerely,
Laura Hewer
Headteacher