



Dear Parent/Guardian,

I am writing to update and correct some of the information which was sent out about what to do if your child is unwell. This letter supersedes the previous letter you have received.

Due to a series of changes to guidance and a number of questions from parents, this letter should clarify when your child should or should not attend school when they are feeling unwell.

Following the disruption to normal educational provision over the last 18 months, it is important that students are in school as much as possible, whilst also ensuring an adherence to the guidelines designed to keep students, staff and families safe.

During this letter, we make reference to 'PCR' and 'Lateral Flow Tests' (LFTs). The two are quite different and the correct form of test needs to be used as per the directions below. A LFT is one we provide to students through school and can be taken in your own home with results within around 30 minutes. They are designed to pick up asymptomatic cases only (i.e. should only be taken by individuals with no symptoms). PCR tests are those taken and sent away for laboratory analysis. These should be taken where an individual displays any of the known symptoms of COVID 19, or has been identified as a close contact and advised to do so by NHS Track and Trace.

We continue to encourage all students and staff to take twice weekly LFTs. Results can be uploaded via a simple form on our website.

Is my child well enough?

- High temperature

If your child looks or feels shivery or is unusually cold or hot they may have a high temperature. There may be various reasons for this. A child with a high temperature should not be in school. In line with guidance, a high temperature could be a sign of COVID 19 and students should seek a PCR test. Students can return to school once a negative result comes back and they feel well enough for school. They should isolate until the result is known.

- Cold and cough

Students with a new, persistent cough should isolate and seek a PCR test and remain isolated until the result is known. A child whose cough is disappearing and who is feeling better should return to school as soon as possible.

Students with colds, but no other symptoms of COVID 19 (high temperature, new and persistent cough, loss of taste or smell), should be in school if they feel well enough.

- Rashes

A rash could be the first sign of one of childhood's many illnesses, such as chicken pox or measles. It can also be a reaction to an allergen. The rash or spots may cover the entire body or appear in only one area. Do not send a child to school with an unexplained rash or skin eruption until you have contacted NHS 111 or your GP surgery for advice.



- Minor aches and pains

A child with a minor headache or stomach cramps due to period pains does not need to be kept at home. School can provide sanitary products throughout the day if required and will be able to administer Paracetamol if parents have provided this.

- Vomiting and diarrhoea

If vomiting or diarrhoea occurs, your child should stay at home until symptoms have stopped for 48 hours. If your child does not improve as you expect, contact NHS 111 or your GP surgery for advice.

- Injuries to limbs

There is no reason why your child should miss a day of their education if they have an injury. Kings will be able to make any adjustment needed in order to help them access their lessons and ensure they are comfortable throughout the day.

- Covid Contact

Individuals are **not** required to self-isolate if they live in the same household as someone with COVID-19, or are a close contact of someone with COVID-19, and any of the following apply:

- they are fully vaccinated
- they are below the age of 18 years and 6 months
- they have taken part in or are currently part of an approved COVID-19 vaccine trial
- they are not able to get vaccinated for medical reasons

Instead, they will be contacted by NHS Test and Trace, informed they have been in close contact with a positive case and advised to take a PCR test. We would encourage all individuals to take a PCR test if advised to do so.

Please see the link to the NHS - When to isolate.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

- Medical appointments

There are a number of children who are absent due to a backlog in medical appointments. Please try to make all medical appointments outside of school time where possible and ensure your child catches up on any work missed where this is not possible. Should you wish to find further information about COVID 19 or book a test please visit the NHS website

Yours Sincerely,

A handwritten signature in blue ink, appearing to read 'A. McKenzie', with a long horizontal stroke extending to the right.

Mr A. McKenzie  
Principal



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