



**St Cuthbert's
Catholic High School**
Live life in all its fullness

Berrys Lane
Sutton, St. Helens
WA9 3HE

Web: stcuthberts.com
Tel: 01744 678123
Email: hello@stcuthberts.com

Headteacher:
Mrs Catherine Twist B. Ed
Fax No: 01744 678127

13 September 2021

Important letter to all parents/carers

Dear Parents/Carers

I write to inform you that we have had an increase in positive LFT cases. Today, I met with Public Health England and the Local Authority and the following advice needs to be shared with parents:

1. Any student with a positive LFT test is to self-isolate until they have a negative PCR test. You can book a PCR test via: <https://www.nhs.uk/ask-for-a-coronavirus-test> or by **calling 119**.
2. From tomorrow, face coverings are compulsory for staff and students in all communal areas for a period of 2 weeks (from 14/09 to 27/09/2021). **Please make sure your child brings their masks with them from tomorrow.**
3. Continued vigilance around cleanliness and hand sanitising, wiping down of surfaces and not sharing equipment to continue for the next 2 weeks.

Tomorrow, Tuesday, 14th September 2021, a mobile testing unit will be in school all day. All year 10 students will be tested and as many other year groups that can be done, time permitting. If you have not given consent previously please reconsider and submit your consent via email at hello@stcuthberts.com.

Please continue to test at home twice weekly and report the results in the usual way to school and the government website.

Hopefully, over the next two weeks we will see the number of cases decrease and we can look at the restrictions again. I will be meeting with all parties again on Thursday, 16th September to review the data.

Thank you for your continued support.

Yours sincerely

Mrs C Twist
Headteacher

Please see overleaf for further guidance





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What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, they must not come to school and should stay at home and self-isolate immediately. Stay at home while you are waiting for a home test kit, a test site appointment or a test result. Anyone with symptoms will be eligible for testing and this can be arranged via: <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

If you are notified by NHS Test and Trace of a positive test result you must complete your full isolation period. You should remain at home for at least 10 days from the date when their symptoms appeared. Your isolation period starts immediately from when your symptoms started, or, if you do not have any symptoms, from when your test was taken. Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days. This means that if, for example, your symptoms started at any time on the 15th of the month (or if you did not have symptoms but your first positive COVID-19 test was taken on the 15th), your isolation period ends at 23:59hrs on the 25th.

Further information is available at:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

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.

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

