



# The Cedar School

[www.cedarschool.co.uk](http://www.cedarschool.co.uk)

**Communication – Empowerment – Discovery – Aspiration – Resilience**

25<sup>th</sup> April 2022

Dear Parents and Carers

## Living with Covid

As you may be aware, the government updated arrangements for **'Living with Covid'** on 1<sup>st</sup> April.

We have since spoken with doctors at Public Health England who are clear that this guidance applies to special schools in exactly the same way that it does to mainstream schools.

We also fully appreciate how challenging it is to 'keep up with the latest rules/requirements'. We struggle with this too so, if you get confused at times, please do not think that you are alone!

This latest government guidance states that:

- Children with mild symptoms such as a runny nose, sore throat or mild cough, who are otherwise well, can continue to attend school.
- Children who are unwell **and have a high temperature** should stay at home and, where possible, avoid contact with other people. **They can go back to school when they no longer have a high temperature and they are well enough.**
- If a child has a positive COVID-19 test result they should try to stay at home and, where possible, **avoid contact with other people on the day that they take the test and for 3 days after the day that they took the test.** The risk of a child passing the infection onto others is much lower after 3 days if they feel well and do not have a high temperature.

*If your child has symptoms and you do not have a lateral flow test, please let us know as swiftly as possible because we have a few spare tests in school for use in 'emergencies'. You may need to come into school to collect the test but we want to be able to help where we can.*

The latest list of symptoms in children is:

- *a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)*

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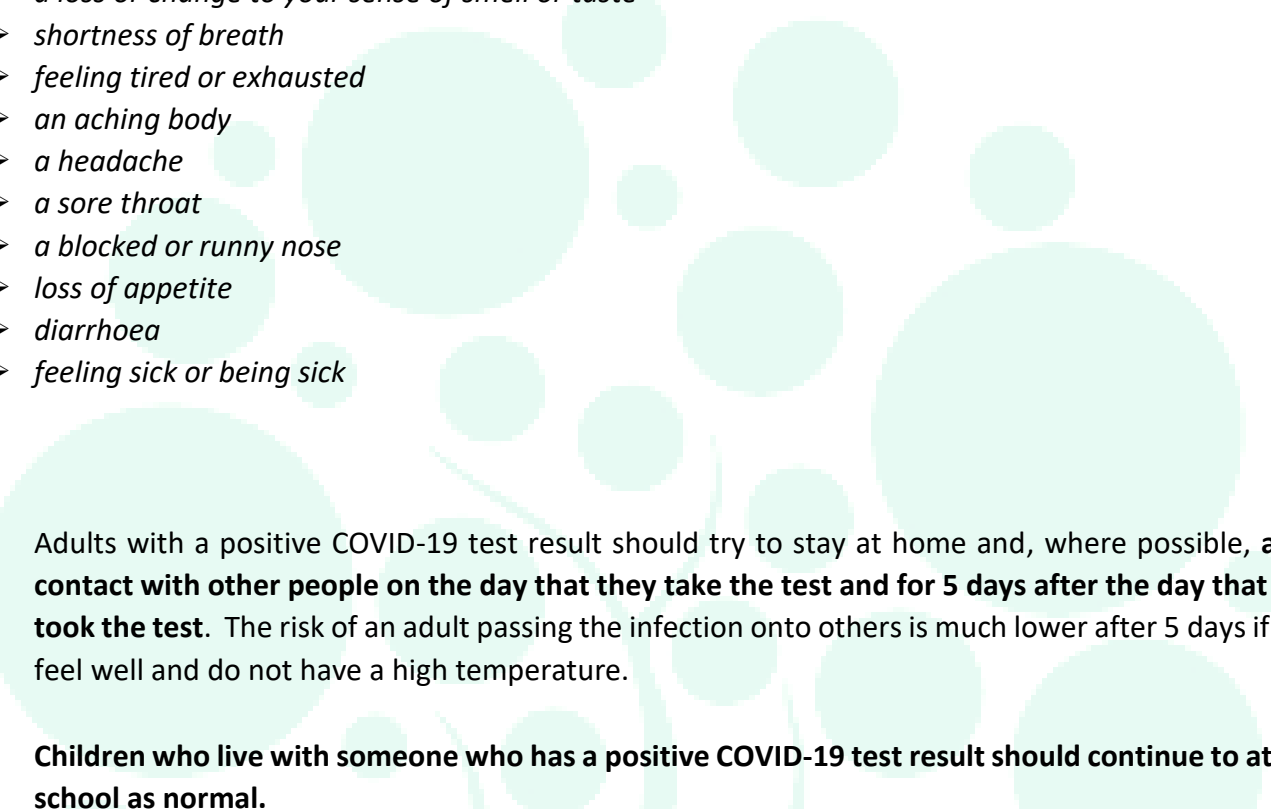
*The Cedar School is committed to safeguarding and promoting the welfare of our children and young people. It expects all staff, volunteers and visitors to the school to share and embrace this commitment.*

**Headteacher - Neil Revell**

**Deputy Headteacher - Cesia Moran**

Redbridge Lane, Nursling, Southampton, SO16 0XN  
Tel: 02380 734205 Email: [info@cedarschool.co.uk](mailto:info@cedarschool.co.uk)



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- *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 your sense of smell or taste*
  - *shortness of breath*
  - *feeling tired or exhausted*
  - *an aching body*
  - *a headache*
  - *a sore throat*
  - *a blocked or runny nose*
  - *loss of appetite*
  - *diarrhoea*
  - *feeling sick or being sick*
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- Adults with a positive COVID-19 test result should try to stay at home and, where possible, **avoid contact with other people on the day that they take the test and for 5 days after the day that they took the test.** The risk of an adult passing the infection onto others is much lower after 5 days if they feel well and do not have a high temperature.
  - **Children who live with someone who has a positive COVID-19 test result should continue to attend school as normal.**

Therefore, as from today, we will be adhering to this guidance in school and in the advice which we give.

Clearly, though, we appreciate that some of our children face a range of health challenges so please do ask us about individual situations and we will continue to support you as best we can. **We always want to make things as straightforward for you as we possibly can.**

We are, though, going to close our out of hours phone line going forwards but are here to answer your calls on 02380 734205 throughout the week. Alternatively, you can always email us on [info@cedarschool.co.uk](mailto:info@cedarschool.co.uk). **If you do get in touch outside of school hours, we will get back to you as soon as the school office next re-opens.**

We are also going to stop the twice weekly lateral flow tests which children have been taking in school. Again, this is all in line with the government's '*Living with Covid*' strategy and with what is now happening in special and mainstream schools across the country.

Thank you, again, for your support throughout the pandemic. Thank you for accommodating all of the frequent changes to the regulations and safety measures. **We could not achieve all that we do without your consistent support.**

Best wishes,

Neil, Cesia and team