



# St Pius X Catholic Primary School & Little Lambs Nursery

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## Nursery Closure - Advice for Your Child to Self-Isolate for 14 Days

Dear Parents/Carers,

We have been advised of a symptomatic case of COVID-19 of a staff member or pupil in the school. Although they have tested negative this person is currently isolating along with other members of their household, some of whom have tested positive.

I have met today with, amongst others Claire King, Consultant in Public Health from Cumbria County Council to discuss the most appropriate action in this instance. From the information we have available to us there is a strong clinical suspicion, based upon clinical indicators that this staff member or pupil may be carrying COVID-19. I have therefore been advised to treat the individual as a positive case.

Therefore as your child has been identified as a close contact of this case your child must now stay at home and self-isolate immediately until Friday 27<sup>th</sup> November. The rest of your household does not need to isolate. If your child does not develop symptoms, they can return to school on Monday 30<sup>th</sup> November.

This is an extenuating circumstance and does not bring into question the accuracy or efficiency of COVID-19 testing in general.

**Your child does not need to get tested unless they develop symptoms of COVID-19.**

Symptoms include:

- 1) A raised temperature: 37.8°C or above by thermometer, or feeling hot to touch
- 2) A new, continuous cough
- 3) Loss of, or change in, senses of taste or smell

### **What to do if your child develops symptoms of COVID-19**

If your child or another household member develops any of these symptoms, please inform the school and follow the 'Stay at Home' guidance, which can be found here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Please arrange for any household member who develops symptoms to get tested as soon as possible. Tests can be booked here: <https://www.gov.uk/get-coronavirus-test> or by calling 119 if you do not have internet access.

**If your child tests positive** they must start a new 10-day isolation period from the first day that they developed symptoms. The rest of the household must stay at home and self-isolate for 14 days from the date that the first person in the household developed symptoms. This includes anyone within your wider support bubble.

**If your child tests negative** they should continue their 14-day isolation. After this, they can return to school as long as they have been well for at least 48 hours. Siblings can return to school straight away.

*'Restore all things in Christ'*

**If your child's test results are inconclusive** please remain isolating and arrange for another test as soon as possible.

Please contact the school with any test results so that we can plan for your child and any siblings to return to school.

### **Support for your child during isolation**

This is an understandably worrying time for many children. If your child is struggling, they may benefit from accessing some of the following resources:

**Kooth** is a mental wellbeing website for young people aged 11-18. It includes support from counsellors and self-help information, available at: <https://www.kooth.com/>.

**ThinkNinja** is a mental health app, aimed at young people aged 10-18. It can be downloaded from: <https://www.healios.org.uk/services/thinkninja1>

**Every Mind Matters** offers practical mental health advice for young people and their parents/carers. It is available at: <https://www.nhs.uk/oneyou/every-mind-matters/>

A collection of national resources is available at <https://www.camhs-resources.co.uk/>. These include videos, apps and websites to support young people's mental health.

### **Support for your family during isolation**

Help is available for families experiencing difficulties as a result of having to isolate or stay at home with a child that is isolating.

**Ways to Welfare** is a council-run service for families experiencing financial hardship, and can help with accessing food and benefits. This team can be contacted on 01228 221100 (Mon-Thurs 9am-5pm; Fri 9am-4:30pm). Further information is available at: <https://cumbria.gov.uk/welfare/default.asp>

**Additional financial assistance** is available for people on lower incomes who are unable to work from home when self-isolating. Further information is available at: <https://cumbria.gov.uk/coronavirus/additionalsupport.asp>

**Help with collecting shopping and medications** can be obtained through the NHS volunteer responder service. Further information is available at <https://nhsvolunteerresponders.org.uk/>

**Family Line** is a listening service for adult family members, offering emotional support, practical information, telephone counselling and befriending. This can be accessed by calling 0808 802 6666 or texting 07537 404 282 (Mon-Fri 9am-9pm). Further information is available at: <https://www.family-action.org.uk/what-we-do/children-families/familyline/>

**Families Under Pressure** is a video series offering advice to parents during stressful times, including managing difficult behaviour and negative emotions: <https://maudsleycharity.org/familiesunderpressure/>

Please do not hesitate to contact the school if you have any questions.

Kind regards,

Mr Kevin McGoldrick  
Headteacher