



Coopers Lane Primary School

Pragnell Road, Grove Park, London SE12 0LF

T: 020 8857 7680

E: info@cooperslane.lewisham.sch.uk

W: www.cooperslane.lewisham.sch.uk



22nd September 2020

Dear Parents and Carers,

Re: Illness and COVID-19 Symptoms

Traditionally, at this time of year, pupils and staff tend to experience a range of mild illnesses. Over time, these help to build up our immune systems but the start of the year is always a time when we see a rise in such minor illnesses. This is obviously much more complicated this year due to the Covid-19 pandemic.

There are many similarities between Covid-19, seasonal flu and the common cold and we appreciate that making the decision as a parent is increasingly difficult in these uncertain times. As a parent you know your child best and how they are when they are “normally” unwell, so we ask that you use your judgement and knowledge of your own child when making the decision to send them into school.

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms.

We ask that if your child is well enough to come to school, that you send them, unless they are showing one or more of the following COVID-19 symptoms (following Government and National Health Service guidelines):

Covid-19 symptoms:

Anyone experiencing one or more of the symptoms outlined below should follow the government’s guidance on self-isolation and access a coronavirus test within 3 to 5 days of onset of symptoms either via the NHS online portal or by dialling 119. If the test is negative the child and the family can stop isolating and return to school/ work if they feel well enough. We appreciate the difficulty in securing tests, but it is important to follow this advice as a precaution to minimise the spread of Covid19.

- **A high temperature** – this means you feel hot to touch on your chest or back.
- **A new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- **A loss or change to your sense of smell or taste** – this means you’ve noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have **at least 1** of these symptoms.

Cold symptoms:

You would normally keep your child at home with a heavy cold and should continue to do so. Also, as usual, your child may come to school with mild symptoms of one of the following:

- A blocked or runny nose
- A sore throat
- Headache



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If you or your child have any of the COVID-19 symptoms, they **CANNOT COME TO SCHOOL** and you will need to self-isolate for 10 days, and 14 days for the rest of the household.

You can only return to school once you have self-isolated for 10 (or 14) days, or you have received a **negative** coronavirus test and sent the confirmation to the school office – info@cooperslane.lewisham.sch.uk. Please help us by being responsible and keeping your children off for the full isolation period, without question, as we must follow the government guidance at all times.

For information on how to book a Coronavirus test, please follow the link below:

<https://lewisham.gov.uk/myserVICES/coronavirus-covid-19/health/getting-tested-for-coronavirus-covid-19>

Thank you for your continued support with keeping our children staff and families safe.

Many thanks,



Paul Hooper
Head Teacher