

The James Cambell Primary School
Langley Crescent
Dagenham
RM9 6TD
Telephone: 020 8270 4684
020 8270 4602
Email: office@JamesCambellPrimary.org.uk

17th January 2022

Dear Parent/Carer,

New COVID-19 Rules

The Government has recently made some changes to the COVID-19 (coronavirus) rules. I thought it would be helpful to answer a few of your questions about these rules.

How have the rules on self-isolation changed if you test positive?

The 10 day self-isolation period for adults and children who have a positive test has now been reduced to 5 days in most circumstances.

You can now take a lateral flow test on day 5 and day 6 of your self-isolation period. If you receive two negative test results you are no longer required to self-isolate for the full 10 days (so long as you do not have a temperature). Your child can therefore return to school on day 6 if the test results are both negative.

These new rules apply to both adults and children (including children under 5 years old). However, anyone who is unable to take lateral flow tests on day 5 and day 6 should complete the full 10 day period of self-isolation.

I have a positive lateral flow test. Do I need to take a PCR test as well?

If you test positive with a lateral flow test you should start to self-isolate immediately (following the rules above). There is **no** need for you to arrange a confirmatory PCR test. The Government says that this will be a temporary arrangement.

I am a close contact of someone who has tested positive. Do I need to self-isolate?

Children (and adults who are fully vaccinated) no longer need to self-isolate if they have been identified as a close contact of someone with COVID-19. This applies to all close contacts, including those in the same household.

Instead, children over 5 who are close contacts should do a daily lateral flow test for 7 days and come into school as normal.

Children under 5 are not being advised to take part in daily testing of close contacts. If a child under 5 is a contact of a confirmed case, they are not required to self-isolate and should not start daily testing. If they live in the same household as someone with COVID-19 they should limit their contact with anyone who is at higher risk of severe illness if infected

with COVID-19, and arrange to take a PCR test as soon as possible. They can continue to attend an education or childcare setting while waiting for the PCR result.

Children should therefore continue to attend school if they are close contacts unless they test positive or develop symptoms of COVID-19 (high temperature, continuous cough, loss of smell or taste).

Can the school still run clubs?

We are running a limited number of clubs this half-term, including the breakfast and after school clubs. However, there are some clubs, such as choir, that we have temporarily halted because of the increased risk. We are hoping to be able to run a full range of clubs after the half-term holiday.

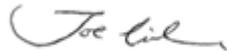
Are visitors to the school still allowed?

We are reducing the number of visitors while case numbers are high. This means that we will not be running parent events at the school for the moment, but we hope to be able to restart these after half-term.

I appreciate it can be difficult to keep up with all the changes and, if you are unsure whether or not to send your child into school, please do ask us for advice. We are happy to help.

Thank you to everyone for your co-operation in following the rules and helping us to stay safe and to keep the school open.

Yours sincerely,



Joe Wilson
Headteacher