



Lyminster Primary School

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Re: Colds and Flu Season

Dear Parents/Carers,

It's become clear in the past few days that there are colds going around, and this raises difficulties around children's attendance in the context of Covid precautions.

We all know that children get colds, and that they spread quickly around a class. Our enhanced cleaning and handwashing regimens may help, but as it is not possible to socially distance within a class of 30 it is reasonable to expect the cold virus to spread.

This is no different to previous years and there is no reason to be worried about this. Covid-19, as far as the experts can tell so far, works in a very different way to the common cold, specifically in that it spreads much more quickly amongst adults than children.

They are also not the same virus, so the outbreak of a cold virus has no link whatsoever to Covid-19.

As seasoned parents/carers we all know what a cold looks like, and you can make your judgement as to whether your child comes to school, bearing other children in mind.

However, if your child has any of the following symptoms, you must keep your child at home for 10 days, and the rest of the household for 14, unless your child then has a negative test result:

- **A new and persistent cough** (3 coughing fits in a day or coughing on/off for more than an hour);
- **A raised temperature** (more than 37.8C, or feeling hot to the touch on the back or chest);
- **A loss of, or change to, their sense of smell/taste.**

We're aware that the above symptoms overlap with the symptoms of flu in particular, and winter flu is likely to start to hit in a month or so.

Testing kits seem increasingly difficult to get hold of but the school can help. **The important thing is that you must, must, must be honest with the school about these symptoms and take them very seriously.** Not just for your child, but for the other 209 children and their families.

We have attached a handy flowchart which details what you and your families will need to do in different circumstances in terms of school attendance and self-isolation. Please keep this handy.

Below is a link to a website with more information on symptoms and what to do if you're worried:

[https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-general-advice#:~:text=The%20most%20common%20symptoms%20are,of%20smell%20or%20taste%20\(anosmia\)](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-general-advice#:~:text=The%20most%20common%20symptoms%20are,of%20smell%20or%20taste%20(anosmia))

As always, if you have any further concerns, queries or feedback, please do not hesitate to get in touch.

Yours Faithfully,

Steve McGinley
Headteacher

