



# PRESTON BULLETIN



*'I have come that they may have life and have it to the full ' John 10:10*

Friday 28 January 2022

Dear Parents/Carers,

Despite the ongoing challenges of COVID-19, it has been a productive week across the Federation. The children continue to be happy and settled within both schools and some fantastic learning has taken place!

We started the week with an outbreak of COVID-19 at Saxlingham which led to 20 positive cases. Fortunately, there have been no further cases since the beginning of the week. At Preston, the number of cases has remained low (currently 3 children).

**Please can I remind you that you should book a PCR test for your child if they feel unwell.** LFD (lateral flow tests) should ONLY be used if a person is asymptomatic (no symptoms).

We have had a number of staff absences across both schools. Ordinarily, this would not be a problem, however, it is proving extremely challenging to book supply teachers due to the high demand. Please be assured that we will do everything possible to keep all our classes open, and we would only move to remote learning as an absolute last resort.

I am extremely grateful to all the staff for their positivity and hard work during this difficult period.

As a staff, we are very appreciative of the support and goodwill of parents/carers, and we wish you all a healthy and restful weekend.

Yours sincerely,

Matt Walker

Executive Headteacher

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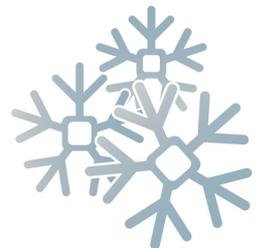
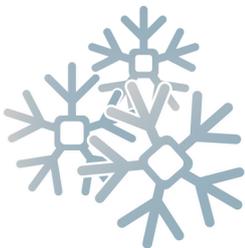
## PRESTON STARS OF THE WEEK

- Ladybirds: **Todd** for putting 110% effort into his maths work this week.
- Bumblebees: **Flynn** for a super description of a setting when writing a story.
- Grasshoppers: **Ben** and **Emily** for making a wonderful start to their group composition in music.
- Caterpillars: **Lewis** for fantastic work on the Ancient Egyptians.
- Dragonflies: **Ruby** for focus and attention to detail when creating Mayan artwork.

## LIVING THE MOTTO

'courteous'

- Ladybirds: Harry
- Bumblebees: Oscar
- Grasshoppers: Elsie
- Caterpillars: Jake
- Dragonflies: Megan



## VISIT TO NORWICH CATHEDRAL: Years 4, 5 and 6

Parents/carers of children in Dragonflies and Caterpillars should have received an emailed letter about an upcoming educational visit to Norwich Cathedral on Wednesday 2 March 2022. This is to support learning in RE through a program of events which explore the imagery in the stained glass windows through art and storytelling.

**Please return payment of £7.50, together with the consent form, to the School office by Monday 7th February 2022.**



## INFORMATION ABOUT COVID-19

The symptoms of COVID-19 are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature);
- 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 of or change in, your normal sense of taste or smell (anosmia).

### **Suspected Cases of COVID-19**

Many people are testing positive without displaying the recognised symptoms of COVID-19. Many are displaying no symptoms at all, or mild cold-like symptoms (e.g. runny nose, sore throats, headaches, etc.). If a person displays any such symptom, however mild, we advise you to book a PCR test.

Please note that Lateral Flow (LFD) Tests are designed for asymptomatic testing (where an individual does **NOT** display symptoms), and if an individual is symptomatic, a PCR test must be arranged. The child should self-isolate until the results of the PCR test are known.

### **What to do in the event of a positive Lateral Flow Test**

Pupils with a positive Lateral Flow test result should self-isolate for 10 days. If the person has no symptoms, the self-isolation period is the 10 full days after the date of the test. If the person is symptomatic, the self-isolation period includes the date of the onset of symptoms plus the subsequent 10 days.

### **What to do in the event of a positive PCR test**

In the event that a person tests positive for COVID-19, they may need to self-isolate for 10 days. The self-isolation period includes the date of the onset of symptoms plus the subsequent 10 days. If the person has no symptoms, the self-isolation period is the 10 full days after the date of the test.

Individuals are no longer required to self-isolate if they live in the same household as someone with COVID-19, or are a close contact of someone with COVID-19, and any of the following apply:

- they are fully vaccinated
- they are below the age of 18 years and 6 months
- they have taken part in or are currently part of an approved COVID-19 vaccine trial
- they are not able to get vaccinated for medical reasons

Close contacts are advised to conduct daily LFD tests and may also be contacted by NHS Test and Trace and advised to arrange a PCR test. In the event that a close contact developed symptoms, a PCR should be arranged immediately.

### **Ending Self-Isolation Early**

From **Monday 17 January**, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to school on day 6. Please note, to return to school on Day 6, a person would need to have completed their LFD test before school on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken no less than 24 hours later. All test results should be [reported to NHS Test and Trace](#).

If the result of either of their tests is positive, the individual should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

**Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10 day period of self-isolation.**

### **Reporting an absence due to illness**

When using email or voicemail message to contact the school to report a child's absence, please state the child's symptoms and make clear whether or not testing or self-isolation is necessary.