

# St Wilfrid's Catholic School

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Diocese of Arundel & Brighton and West Sussex County Council

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Dear Parents/Carers

I hope you and your families continue to keep safe and well.

As usual at this time of year, the return to school has seen the number of students (and staff) contracting colds rise. This happens every year and is normal, however, in this unprecedented time we all need to work together we keep everyone safe.

You will be aware that the number of daily cases of Covid-19 is rising and that the "Test & Trace" systems is under significant strain. At the time of writing this, a new set of national restrictions seems imminent.

Currently the NHS website lists the three main symptoms of Covid-19 as:

- A high temperature
- A new, continuous cough
- A loss or change to your sense of smell or taste

Please **do not** send your child to school if they show one or more of the above symptoms. If any student displays one or more of these symptoms in school then parents/carers will be contacted and their child will need to be collected as soon as possible. The guidance is for a test to be booked and that the person showing the symptoms must isolate for **10** days. All other members of the household must isolate for **14** days. This means that the child showing the symptoms as well as any siblings are not allowed to return to school until their period of self-isolation (10 or 14 days) is complete or unless a negative test results is returned. You must notify the school when a test result is returned whether it is negative or positive.

To book a test please use <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>.

You may need to keep trying as there are reports of long waiting times but please be persistent.

As a parent/carer whose son/daughter wakes up one morning with a cough and a runny nose, it is a difficult decision to make as to whether he/she can go to school. Hopefully the image below will be of help.

<b>Covid-19</b> <ul style="list-style-type: none"><li>• Dry cough</li><li>• Fatigue</li><li>• Fever</li><li>• Shortness of breath</li></ul>	<b>Allergies</b> <ul style="list-style-type: none"><li>• Coughing</li><li>• Itchy eyes</li><li>• Runny or stuffy nose</li><li>• Sneezing</li></ul>
<b>Flu</b> <ul style="list-style-type: none"><li>• Dry cough</li><li>• Fever</li><li>• Headache</li><li>• Muscle and joint pain</li><li>• Runny nose</li><li>• Sore throat</li></ul>	<b>Cold</b> <ul style="list-style-type: none"><li>• Aches and pains</li><li>• Cough</li><li>• Runny or stuffy nose</li><li>• Sneezing</li><li>• Sore throat</li><li>• Watery eyes</li></ul>

As you can see from the image on the previous page, the symptoms of Covid-19 (and using the information on symptoms earlier in this letter) and the common cold, although similar are also slightly different. It is ok to send your child to school with a cold but I would ask you to take time to assess his/her condition (use NHS website if required) and once you are of the opinion that it is a cold only then send your child to school. It may be that you keep them off school for a day to be sure and if so that is absolutely fine.

If you are in any doubt, you must keep your child/children at home and follow the advice of this letter.

Please contact your son/daughters Year Leader in the first instance if you have any concerns.

Thank you for your continued support.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Michael Ferry', written in a cursive style.

Michael Ferry  
Headteacher