

LANCASTER ROYAL GRAMMAR SCHOOL

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14th October 2020

Dear all,

I am writing with a reminder of some essential public health messages, as we work together to keep the community safe. It is vital that children who may be ill do not come school.

Golden Rules

The most important golden rule is that your son or daughter must stay at home if:

- They have any suspected symptoms
- Anyone in your household has possible symptoms

Pupils **must** also stay at home if:

- They are waiting for the result of a COVID test
- They have recently returned from a country from which quarantine is required
- They have been told to self-isolate through the government's Test and Trace system.

Coughs and colds

In the early stages of a cold, it is impossible to be sure whether symptoms such as a raised temperature or cough are related to COVID-19.

If your son or daughter has any minor cough or cold symptoms, please keep them at home until they feel well and their symptoms have settled. This precautionary approach helps to reassure others in school.

Social interactions out of school

Please make sure that your son or daughter returns home immediately after school. Under local lockdown rules, groups of pupils are not permitted to gather anywhere out of school. Children cannot go to each other's houses.

I am very grateful to your children as they work positively with us in school to follow the guidelines. Particular thanks to families and groups of pupils who are self-isolating at the moment.

Yours faithfully,

Dr C J Pyle
Head