



1 September 2021

New School Year Update on Covid-Safe Measures at School

Dear Parents and Carers,

We are looking forward to welcoming you and your children back to School on 3 September for the new School Year.

We have a full house with all pupils back in their classrooms for face to face learning.

This letter is to remind and update you of the measures that are still in place that you need to be aware of to help the school be as Covid-safe as is possible and protect the most vulnerable amongst us. We are asking parents to support our initiatives in order to safeguard the whole School community.

For our Covid-Safe Measures we will continue much as we were at the end of the summer term with a few little adjustments.

Entry and Exit

- **Ty Haul and Class 4/5**, please come to the rear playground (situated on Belle Vue Crescent) at the beginning of the day. Pick up at the end of the day will also be from here.
- **Class 6/7** please come to the front playground and line up outside the glass corridor and wait for Jamie to greet you at 8.50am. Pick up at the end of the day will also be from here.
- **Class 8/9** you may now enter the School as soon as you arrive via the front entrance. Ring the bell at the glass corridor and wait to be let in.
- **Class 10/11 and Class 12** continue to enter the School as soon as you arrive via the front entrance. Ring the bell at the glass corridor and wait to be let in.

Other Changes

- **In the Lower School the toilets** will revert to girls and boys but all children will be asked to sanitise their hands before entering the bathrooms. Each classroom will have a hand sanitiser at the door and the playground bag will have hand sanitiser for trips to the toilet from the playground.
- **In the Upper School the toilets** will be used by all but again pupils will be asked to sanitise hands before entering.
- **Face coverings no longer need to be worn in school.** Anyone who prefers to wear a face covering may do so however, pupil or staff member.
- The latest Welsh Govt Guidance for Schools asks **parents to wear face coverings at pick up.**

- **All secondary aged children (Class 6/7 up) and staff are asked to take regular lateral flow tests.** We have plenty of testing kits in school for pupils to take home and will hand these out on the first day back. Please let us know when you need further kits.
- **Regular, thorough, hand washing** will continue.
- **Good ventilation** will remain one of our most important measures with windows being opened wide when classrooms are empty to purge the air and a lesser flow of air enabled for the rest of the day. If it becomes very cold you may wish to take this into account when dressing in the morning.
- We will be reminding **secondary aged pupils to remain socially distanced** as far as possible.

Welsh Government current advice for the general population of Wales is:

All of Wales is at alert level 0

- get both of your jabs
- get tested and self-isolate if you have symptoms
- outdoors is safer than indoors
- keep your distance when you can
- wash your hands
- wear a face covering

There remains in place the need for your child to remain off school if they display signs of the main COVID-19 symptoms:

- a new continuous cough
- fever or high temperature
- loss of, or change in, sense of smell or taste

If your child develops one of these symptoms they should follow the [self-isolation guidance](#) and you should [apply for a coronavirus test](#). Please email the test result to parents@cardiffsteiner.org.uk

See the 'Main points on Self Isolation as of 1 September 2021' overleaf. See further and updated advice at gov.wales/self-isolation

We look forward to welcoming everybody back and hope for a smoother year than last.

Kind Regards



Miranda Knight

School Administrative Manager / Designated Safeguarding Lead/ Health and Safety Lead
Cardiff Steiner School

Main points on Self Isolation as of 1 September 2021

If you have any **coronavirus symptoms** (a high temperature, a new continuous cough or a loss or change of taste or smell), you should self-isolate at home and **get a test**. You should not go to a GP surgery, pharmacy or hospital.

Self-isolation means that you **do not leave the house**. You should self-isolate straight away if you have symptoms and until you receive the results of a COVID-19 PCR test.

If you have tested positive for COVID-19, or have been told to self-isolate by the NHS Wales Test, Trace, Protect (TTP) service, you must stay at home. You are breaking the law and could be fined if you do not stay at home and self-isolate.

The self-isolation period is **10 days** from either:

- the day immediately following the date of the start of your symptoms
- the day immediately following the date of your positive test, or
- the date confirmed to you by the TTP service if they identify you as a close contact of someone who has tested positive for COVID-19

Self-isolation applies to adults and children of all ages.

As of 7 August 2021, adults who have been fully vaccinated and received the vaccine in the UK and those under the age of 18 will no longer have to self-isolate if they are identified as close contacts of someone who has tested positive for COVID-19. You will be asked to take PCR tests on Day 2 from your last contact with the positive case (or as soon as possible) and on Day 8. It is important that you take these tests even if you feel well, you may have COVID-19 even if you do not have symptoms.

Those who are no longer required to self-isolate will also receive advice and guidance from TTP contact tracers about how to protect themselves as follows:

- Try to minimise contact with others and avoid crowded settings, particularly indoor settings
- Consider using lateral flow tests on a daily/ more regular basis for the time you would otherwise have been self-isolating
- DO NOT visit vulnerable people such as those in care homes or hospitals.
- Work from home if you are not already doing so
- Inform your employer that you are a contact of case of COVID-19.
- Pay extra attention to thorough and regular hand washing and wearing a face covering
- If you work in the Health and Social Care sector your employer may ask you to take additional tests as a precaution or temporarily ask you to undertake an alternative role as outlined in the 'COVID-19 contacts: guidance for health and social care staff'

If you develop COVID-19 symptoms at any point, no matter how mild, regardless of your age or vaccine status, you should immediately self-isolate and arrange a COVID-19 PCR test.

If you are over the age of 18, and have not received a full course of COVID-19 vaccination in the UK, you should self-isolate for 10 days if:

- you develop COVID-19 symptoms, no matter how mild (and you should book a test)
- you live with someone who has developed COVID-19 symptoms and they are awaiting the outcome of a PCR test
- you live with someone who has tested positive for COVID-19
- you have been contacted by the TTP service and told to self isolate because someone you have had close contact with has tested positive for COVID-19

If you need medical advice

It is important that anyone who has or develops symptoms whilst self-isolating does not try to cope for too long on their own before getting medical help. You should contact **NHS 111 Wales** or your GP if you experience any of the following:

- symptoms that do not improve after 7 days
- breathlessness or vomiting at any time
- fatigue that stops you doing your normal daily activities
- babies or children under 5 have a temperature at any time

If it is a medical emergency dial 999 and tell the call handler or operator that you or your relative have COVID-19 symptoms.

See further and updated advice at gov.wales/self-isolation