



Thursday 2nd December 2021

Dear Parents and Carers,

Update on Covid-19 precautions

I hope you and your family are well. I am writing to today to give an update on the Covid-19 precautions we are taking at the academy.

As you may know, the Government has introduced some new Covid rules in response to the 'Omicron' variant. You can [read more about this here](#) or by searching for 'Omicron Covid rules UK.'

The new rules include:

- Adults and older children are required to wear face coverings in shops and on public transport
- School staff and secondary students are required to wear face coverings in busy areas of school
- If it is suspected you have the Omicron variant of Covid-19, you will be required to self-isolate for 10 days even if you have a vaccine
- Anyone arriving in the UK from abroad will require a PCR test within 48 hours and will need to self-isolate until they have a result
- People travelling from 'red-list' countries will be required to quarantine for two weeks in a hotel on arriving in the UK.

What does this mean for the academy?

The first thing to say is that it remains safe to come to school. We have lots of precautions in place which are designed to reduce the risk for everyone, and to reduce the spread of Covid-19 within our community. We will be using this announcement as a good moment to check again the precautions we have in place.

Face Coverings

We will be following the government's guidance on face coverings. Starting now, all secondary students (and staff) are required to wear a face covering in communal areas at school (unless they are exempt).

Whilst there is no requirement, students (and staff) are permitted to wear their face covering in classrooms too.

Good hygiene and cleaning

We will also be reminding everyone about the importance of following the basic rules of good hygiene:

- Washing your hands
- Cleaning your surroundings
- Covering your nose and mouth when you cough and sneeze.

Principal – Sarah Livesey

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Testing

Please continue to support your child to test at home, twice weekly (if they consent). This is a very powerful tool in reducing the spread of Covid-19 by people who do not have symptoms.

Vaccination

Vaccination, and in some instances vaccination boosters, are now available for all adults and children over 12 who consent. Please support your child to receive the vaccine if you as a family consent. This will help to reduce the risk for everyone.

Build resilience in response to rising cases - Health and wellbeing

The best way for someone to boost their immune system is to adopt a healthy lifestyle. Following general good health guidelines is the best step anyone can take towards keeping up their immunity naturally.

Whilst some of these things may sound quite basic, taken together, they contribute to the body being in the best health to be able to fight and recover from any infection.

You and your child may wish to consider:

- Taking supplements such as Vitamin D, Zinc and Vitamin C which all have important functions including boosting the immune system.
- Eating a diet high in fruits and vegetables (please see the [Eatwell Guide](#) here).
- Dietary diversity - a diverse diet increases "good" bacteria in the gut which is associated with reduced frequency of infection.
- Probiotic foods - 70% of immune function resides in the gut and a healthy digestion is important for a healthy immune system.
- Exercising regularly.
- Getting a good night's sleep.
- Take steps to avoid infection such as washing your hands frequently.
- Stress affects your immune system - yoga, meditation and breathing exercises can all help to reduce stress.

Essential visits to the academy

As an additional precaution we will be reducing the number of outside visitors to the school, asking that only essential visitors come into the academy.

Over the holidays

We are all looking forward to the upcoming Christmas holiday, and for many families this is a time to travel to see friends and family.

As this may increase the likelihood of spreading or catching Covid-19, we are encouraging all secondary students (and staff) who consent to continue testing twice weekly throughout their time off, and should they receive a positive test to [request a PCR test](#) as soon as possible.

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Likewise, should you or your child develop symptoms of Covid-19, we encourage you to request a PCR test as soon as possible. If it is suspected that you have the Omicron variant, NHS Test and Trace will ask you to self-isolate for 10 days even if you have had the vaccine.

Please also note that:

- Face coverings are now required for all adults and older children when visiting shops and on public transport.
- If you are planning on travelling abroad, please note that the rules have now changed and that if you enter the UK from a foreign country, you have two days to take a PCR test. While you are waiting for a result, you must self-isolate, whether you have been vaccinated or not.
- In response to the new variant, new countries have been added to the red-list. Please check the latest '[Red-list country](#)' list to see if this will impact on your plans.

Returning to school in January

The Government have asked that all secondary students (who consent) complete one on-site asymptomatic test when they return to school in January, and then continue to complete tests twice weekly at home. We will provide further details about these arrangements in due course.

If you have questions regarding any of the above, please contact Karl Massey – Operations Manager by email karl.massey@oasisleesbrook.org. Thank you as always for your understanding and support during the Covid-19 pandemic.

Yours sincerely,

A handwritten signature in blue ink that reads 'S. Livesey'.

Sarah Livesey
Principal

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