



**People Directorate**

**Colin Stewart**

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Dear Parent/Carer

**Re: Public Health advice to reduce COVID-19 transmission in schools**

You will be aware from recent government that additional measures have been introduced in schools in response to the Omicron variant. In addition, the number of positive cases among school-age pupils has continued to increase across the country and although the increases in Redbridge are not at the levels seen in other areas, the number of positive cases among pupils in our schools is growing.

We want our pupils to have the best chance to recover from the impact of the pandemic on their education – and to do that we need to ensure that pupils can attend as often as possible. The schools are working closely with Public Health and the Council to put in place as many measures as possible to help reduce the numbers of positive cases within schools.

We need all families to help their children and help their schools. We encourage you to take the following steps so you can help us all to keep schools open for as many pupils as possible and to then have a healthy break over the coming school holiday period.

**Regular Lateral Flow Test (LFT) testing**

The most effective way to identify positive cases is through twice weekly, if not daily, lateral flow testing. By identifying students who test positive before they come to school, this will help reduce the spread of covid within school. Many young people

with covid do not display symptoms, so regular testing helps to identify both symptomatic and asymptomatic cases.

Please test your children regularly with lateral flow tests. This needs to be done at least twice a week if your child attends a secondary school. Many parents and carers already do this. For parents whose children are new to Year 7 this year, this will be different to what you would have been asked to do when your child was in primary school. However, now that the children are in secondary, we want to particularly encourage parents of Year 7 pupils to start with regular lateral flow testing if you have not done this before.

If the lateral flow test is positive, you must keep your child off school until a PCR test result is received. If the PCR test is negative, your child can return. If it is positive, they must remain off school for 10 days following the first symptoms (or from the date of the test result if there were no symptoms present)

### **Testing in a covid positive household**

If someone in your household has tested positive, we recommend that everyone in the household undertakes 7 days of daily testing with lateral flow tests. LFTs should be taken for 7 days from the date of COVID-19 symptoms started in the household or from the date of the first positive test if there are no symptoms. In addition, all household members should be encouraged to undertake a PCR test. Covid is commonly spread amongst a household, even in those who are vaccinated.

Please note that anyone who has had a positive PCR result within the last 90 days should not get a further test unless they have developed symptoms.

Lateral flow tests can be ordered online: [Order coronavirus \(COVID-19\) rapid lateral flow tests](#).

### **Limiting social/non-essential activity in covid positive households**

If someone in your household has tested positive, your children should still attend school unless they have symptoms or unless they test positive. However, we recommend that you limit social or non-essential activity before and after the school day for 10 days from the date of the first positive test if there are no symptoms or 10 days from the date that COVID-19 symptoms started in the household. This includes playdates, sports, parties, and any extracurricular activities. This will help to reduce ongoing transmission across the borough.

## **Covid vaccinations**

We would encourage everyone 12 years and above to have the covid vaccination. It is very easy to book a vaccination at a local pharmacy or clinic via the [NHS booking service](#) or by calling Healthbridge on 0204 506 8833.

Thank you for all your support as we continue to work to keep Redbridge safe.

Yours sincerely



**Colin Stewart**  
Operational Director - Education and Inclusion



**Gladys Xavier**  
Director of Public Health