Dear Fishermoss Family

Lovely to see everyone back after the summer!  My first Friday update of this academic year.  This one is short as my newsletter is attached so grateful if you could read that too please!

A reminder, that mitigations we had in place before the summer for infection control still remain in place. **Face coverings should be worn by parents and other visitors to the school site,** whether entering the building or otherwise, **including parents at drop-off and pick-up.** Mitigations remain in place for at least 6 weeks however we will be looking to remove our playground zones in the next few weeks, as per government advice. The updated Risk Assessment is available on our website.

**We are asked to share the following with families….**

**Testing**

Keep testing regularly, even without symptoms, as this can help keep you and your school community safe by early identification of infection. Everyone in Scotland is encouraged to test twice weekly, and to record all positive, negative or void results on the online reporting portal at [www.nhsinform.scot/campaigns/coronavirus-covid-19-report-your-test-result](http://www.nhsinform.scot/campaigns/coronavirus-covid-19-report-your-test-result)

Reporting results helps public health experts understand what is happening with COVID-19 in our area, so they can take early action to address any problems.  You and the rest of your family, including primary school aged children, can access free tests.

**Symptoms of COVID-19**

Please be particularly vigilant for symptoms of COVID-19 in the coming weeks.  For most people, coronavirus (COVID-19) will be a mild illness. If you develop symptoms you can seek advice from NHS Inform. If anyone in your household develops any symptoms of COVID-19 your child **must not** come to school. The whole household should stay at home, self-isolate, and get a PCR test for COVID-19 (LFD tests are **not** appropriate for symptomatic testing). Information can be found at [www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19](http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19) or [Translations (nhsinform.scot)](https://www.nhsinform.scot/translations) for accessible, easy read formats or other languages.

The symptoms of coronavirus (COVID-19) are:

* + a new continuous cough and/or
  + a high temperature and/or
  + a loss of, or change in, taste or smell (anosmia).

In the event of a positive result, Test and Protect will contact you to provide tailored advice on what to do.

**Booking a test**

To get a test if you develop symptoms, you can:

* Book a test at NHS Inform for your nearest COVID-19 test site. There are drive-through, walk-through and mobile testing units across Scotland which are open from 8-am until 8pm, 7 days a week. A full list of sites can be found at [Gov.Scot](https://www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/covid-symptoms/).
* Order a home PCR test kit [online](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-get-a-test-if-you-have-symptoms), or by calling 119. A test will then be delivered to your home. To return you can either drop the test at your nearest priority post box, or if you are unable to go out, you can also call 119 to book a courier collection from your home.
* **It is important** that anyone with one or more of the COVID-19 symptoms gets tested, so that anyone who tests positive knows to continue to stay at home and self-isolate. This will help stop the spread of coronavirus. If you struggle to book a test you can call the testing helpline on 01224 558494.

**How to stop COVID-19 spreading**

There are things we can do to reduce the risk of people getting ill with COVID-19.

**Please do:**

* Get vaccinated if you haven’t already done so and are eligible. Vaccination is our best defence against COVID-19 causing anyone to become seriously unwell. If anyone who is eligible in your family or home have not yet been vaccinated, then they should arrange vaccination as soon as possible. This could also help you avoid having to self-isolate in the future. Information on how to arrange a vaccination can be found on NHS inform.
* Regularly wash your hands with soap and water for at least 20 seconds
* Use hand sanitiser gel if soap and water are not available
* Wash your hands as soon as you get home
* Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
* Put used tissues straight in the bin and wash your hands.
* Open windows/doors regularly to ventilate your home.
* Be vigilant for COVID symptoms
* Self-isolate when you have COVID symptoms or have been advised to by Test and Protect.

**Further information**

* <https://www.parentclub.scot/topics/coronavirus/coronavirus-faq?age=0>
* <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>
* <https://www.nhsgrampian.org/covid-19/covid-testing/general-public-including-children/>
* <https://www.gov.scot/coronavirus-covid-19/>

Gold stars for such a great job of getting back into the routine of the new school year.  Hopefully not too much of a shock to the system after a long summer break!

Have a lovely weekend!

Please continue to take care.

Kindest regards

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**‘Being the best we can be’**

**Respect-Honesty-Responsibility-Kindness-Hardworking**