Dear Fishermoss Family

We hope this finds you keeping well!  Our Pupils, and staff, are getting back into the swing of things and our new Primary 1 pupils are wee stars at lining up and following routines.  We look forward to them being at school for full days next week and the excitement that brings!

Unfortunately, but as expected, positive cases of COVID are on the increase in Grampian and the figures remain high.  63 schools are currently affected by positive cases and many of these have multiple cases.  Schools have been asked by the **Health Protection Team** to encourage families to make twice weekly use of Lateral Flow Tests as there has been a significant drop in the number of testing kits being requested.  Regular testing identifies A-symptomatic individuals who would otherwise be unaware that they are infected and potentially spreading the virus.

Families may find the following helpful in the ever-changing landscape we find ourselves in…Coronavirus (COVID-19): Contact tracing in Scotland.  What we mean by **contact tracing** and what to expect if you're identified as a contact of someone who has tested positive. The attached link below has lots of useful information, including videos, to help explain.

[www.nhsinform.scot/contact-tracing](http://www.nhsinform.scot/contact-tracing)

As mentioned last week, 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.

We are asked to continue 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.

Turning to **bugs** of a different kind……**flu vaccination letters** will be sent home next week.  Please do look out for these in school bags!  In addition, with the return to school it is good to be mindful of **Head Lice**.  Parents are responsible for:

* Making sure that all family members know about good hair care, including regular thorough combing.
* Being vigilant for the signs of early infestation (e.g. louse casts and faeces on the pillow)
* Regular (weekly) detection combing, on wet hair with a head louse detector comb, and additional detection combing if informed that a member of the family or household has been in contact with someone with head lice.
* Using lotions according to instructions – but ONLY if live lice are found. Nits are NOT live lice, they are empty egg cases and will remain after the lice are dead.  They can be manually removed or will grow out with the hair.
* Contact tracing - telling all close contacts of infected members of the household/family.
* Informing the school/nursery/childminder when a child is found to have head lice.

A copy of the [Headlice NHS Policy](https://fishermoss.aberdeenshire.sch.uk/wp-content/uploads/2020/09/Headlice2007-NHS-Policy.pdf) is available on our website by following this link or the link under the tab InformationàHealthcare & Medical.

Have a lovely weekend!

Take care.

Kindest regards

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Aberdeenshire Council Education and Children’s Services



**‘Being the best we can be’**

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