Dear Parents/Carers

We trust this finds you all keeping well as we reach the end of another week with further tough, but essential, restrictions as to how we lead our lives.

We know from the Test & Protect system that a significant proportion of new cases of COVID 19 come from social interactions between different households in our homes. That is why we are all being asked not to visit each other’s homes.  At Fishermoss School and Nursery we have over 260 different households coming into our building daily.  We are therefore grateful for all you do to help us stay safe.

We are all being asked to remember, at all times, when we are out and interacting with other people, the FACTS rules:

* face coverings
* avoid crowded areas
* clean hands and surfaces
* two metre distancing
* and self-isolate and book a test if you have symptoms of the virus

Please find attached useful **Frequently Asked Questions (FAQs) for Teachers, Staff, Parents and Guardians by the NHS.** This should help answer questions we may all have going forward.

**Parent/Teacher Telephone Consultations**……Please look out for consultation time slips in school bags today.  We are aware how busy and complicated life is just now, so for Parents who did not contact the school office regarding consultation times, we hope you don’t mind but, we have still allocated you with a time slot.  If, however you do not wish to be contacted then please inform the school office, or put a note in your child’s homework diary, so we will know not to disturb you.

**Thank you for continuing to remember the following…….**

**What should I do if my child is unwell?** If your child is unwell, please do not send them to school. If they have one of the three common symptoms of COVID-19 (coronavirus) - a continuous cough, a fever or high temperature or loss of, or change in, sense of smell or taste (anosmia) - please follow the latest advice via <https://www.nhsinform.scot/coronavirus> and book a test. This website includes advice on what’s considered to be a fever in children.

If your child is unwell but they are not displaying symptoms of coronavirus, please keep them at home until they are back in good health. For vomiting and/or diarrhoea, as per normal circumstances, they should remain at home for at least 48 hours after symptoms have passed. This now also relates to a fever or high temperature (alongside a negative coronavirus result) and they should not return to school for at least 48 hours after symptoms have passed.

Please continue to remember:

* **Staff or pupils who are, or who live with someone who is, symptomatic or a confirmed case of COVID-19 cannot attend school until self-isolation is over, or a negative test is received.**
* **Staff, pupils and parents/carers should not come to school if they or someone in their household has developed symptoms (new persistent cough or increased temperature)**

As our First Minister said this week….’ Although these times are hard, they will pass. And they will pass a bit more easily, and possibly a bit more quickly too, if we all continue to look out for each other.’

Have a lovely weekend and continue to take care.

Kindest regards

**Margaret M. Ferguson**

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