Dear Fishermoss Family

Apologies for intruding on whatever you have planned for the In-service days with your children.  I wanted to reach out to you all, especially those who are perhaps unable to enjoy what was planned for this weekend due to having to isolate.  I know this will be finding many of you not so well as winter bugs are hitting hard and fast amongst it all!  Please do take care and don’t be hard on yourselves.  However careful many of us are some things are just out of our control.  Thank you for being so supportive and using a common-sense approach.  Be reassured that our guard has not been dropped at school and we are adhering to the guidance tightly, and somewhat!  We may not all agree with the guidance that is out there, but we are required to follow it at school.

Thank youfor all the positive feedback about our **‘Show and Tell’** Curriculum Event this week.I know many of you are perhaps yet to engage with this event with your child/children and are saving it for a weekend activity. Please do refer to the leaflet that was attached to last Friday’s update!

**As always……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. Please do not send unwell children to school to see how they cope.  Do keep them at home until you are sure they are fit and well.** **Please continue to err on the side of caution.**

**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.**

For vomiting and/or diarrhoea, as per normal circumstances, pupils 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.

**To help reduce the risk to your family and to help reduce the likelihood of spread of coronavirus in school and the community, please:**

* Undertake the recommended twice weekly lateral flow testing as this can catching infections early.
  + Free at-home LFD test kits are available for you and your primary-school aged children by collection from COVID test centres or pharmacies, or delivery by ordering online. More information can be found at: [www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/no-covid-symptoms](http://www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/no-covid-symptoms).
  + Please ensure that all test results, whether positive, negative or void, are recorded on the online portal at: [www.covidtest.scot](http://www.covidtest.scot) OR by phoning 119.
  + Lateral flow tests should not be undertaken if an individual has tested positive for coronavirus in the last 90 days.
* Arrange vaccination as soon as possible, if you or anyone eligible in your family have not yet been vaccinated. Information can be found at [www.nhsinform.scot/covid-19-vaccine](http://www.nhsinform.scot/covid-19-vaccine). Vaccination is our best defence against COVID-19 causing anyone to become seriously unwell.
* Wear a face covering in line with guidance, keep your distance, keep rooms ventilated, and wash your hands with soap and water regularly.

**What to do if you or your child develop symptoms**

If you or your child develop a new continuous cough, or high temperature, or a loss of/ change in sense of taste or smell, your child must not come to school. The symptomatic person should arrange a PCR test as soon as possible, and the whole household should stay at home until the test result comes back.

PCR tests can be arranged at [**www.nhsinform.scot**](http://www.nhsinform.scot)at 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/) or go to [**COVID Testing (nhsgrampian.org)**](https://www.nhsgrampian.org/covid-19/covid-testing/)

Further information on testing and self-isolation can be found at [**www.nhsinform.scot**](http://www.nhsinform.scot)

Wishing you all a lovely weekend!

Take care as always.

**Margaret M. Ferguson**

**Head Teacher**

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Aberdeenshire Council Education and Children’s Services

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**‘Being the best we can be’**

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