

**Letter from Matthew Bartlett, Head Master**

Friday 28<sup>th</sup> August 2020

Dear Parent/Carer

Thank you for your support with everyone's efforts to keep our young people safe and well.

As you can imagine, we receive constant updates about the situation nationally and we have been asked for clarification on symptoms which might indicate the need for a test. Our College nurse and our Director of Health and Safety report the following:

*'Nicola Sturgeon has just confirmed that out of c17,000 Scottish tests last week of 2- 17 year olds only c54 young people tested positive equating to 0.3%. Most of these appear to be associated with known clusters and outbreaks. The other helpful statistic is that the prevalence in community in Scotland is estimated to be about 6 in 100,000. That is a fairly low risk of connecting with an infected person but we cannot become complacent. The statistic for Aberdeen is 20 in 100,000.*

*She also confirmed that the possible risk of corona in any pupil is still viewed as **any new persistent cough, (this means coughing a lot, (ie - coughing continuously for more than an hour or more, (if that's not normal for that person) or 3 or more intense coughing episodes in 24 hours), a high temp (ie: 37.8 or over), and a significant loss or change in taste or smell.** She stated that other symptoms such as a runny nose would not invoke the need for a covid test, and when specifically asked about this in relation to a Glasgow school giving advice on pupil to stay absent for runny noses - she stated that a runny nose (or other symptoms) is not a covid reason for staying off school - unless parents want to keep them off for other non covid reasons.'*

**If a child displays any number of the covid symptoms listed above out with school, they are to self isolate and seek testing (if a parent does not wish to have their child tested at this point they are to remain absent from school for 10 days, regardless of those symptoms subsiding). If there are other siblings who attend the school they too should isolate until either the child with symptoms test result comes back as negative or isolate for 14 days if parents choose not to have the child with symptoms tested.**

During this isolation period if any other members of the family develop symptoms the same guidelines apply.

Once a test result comes back as being negative all children of the same family are able to return to school.

If a child develops symptoms (as above) in school they would be triaged by our nurse team in one of our 4 adapted 'red' covid rooms to ensure strict infection control measures are in place. If a child does have symptoms, parents will be contacted and all siblings within the school will be sent home, whereby the guidelines revert to above.

Clearly it is very important that young people are not stigmatised for displaying any symptoms at a time when people are anxious about the spread of covid.

Our team adds that more minor ailments can be managed with reference to good cough and sneeze etiquette, tissue use, and hand and surface cleaning. Parents can also help to manage symptoms (and risk of spreading common colds) by speaking to their GP or Pharmacist about use of symptom control medication such as Paracetamol, Ibuprofen, Otrivine nasal drops, and Bronchstop or simple cough mixture (at the dosage recommended by pharmacy if applicable).

I hope this is useful in supporting you and your child in these challenging times.

Kind regards

**Matthew Bartlett  
Head Master**