



Bewcastle School, Roadhead, Cumbria, CA6 6PF

Telephone: 016977 48662

Email: admin@bewcastle.cumbria.sch.uk

Website: www.bewcastle.cumbria.sch.uk

Successful learning in a happy environment

Executive Headteacher: Mr Mark Ashton

Newsletter 28th January 2022

Covid Updates

In Cumbria, we still have in place local enhanced guidance to support schools in managing cases of COVID-19. For primary schools, this means that parents are encouraged to keep children who are household contacts of a positive case at home for 5 days and then PCR test on day 5 (as an alternative to following the national guidance to 'LFD test daily for 7 days'). The local enhanced guidance is not mandated, so parents can choose not to keep household close contact children at home if they would rather do daily LFD testing. However, when a primary school is experiencing in-setting transmission, for outbreak management purposes, Bewcastle strongly advise families to follow the enhanced guidance (stay at home), rather than encourage daily LFD testing for household contacts. In outbreak situations, this is entirely acceptable, but to avoid confusion amongst parents, we recommend the following:

- **Parents and Carers** - if BEWCASTLE is seeing in-setting transmission and for outbreak management purposes, please can parents support the school to remain open by following the enhanced guidance as above.
- We ask parents and carers to follow this advice wherever possible from 20th January for the next 10 days at which time we will review if it is still required.
- Please contact the school if you are concerned about keeping household contact children at home for 5 days (especially if you are key workers or the children are vulnerable). Daily LFD testing could be used instead to support attendance at school.

COVID SYMPTOMS - OMICRON

It is now widely recognised that omicron infections rarely involve traditional Covid symptoms of fever and changes to senses. The best description of an omicron infection is now 'like having a cold', in particular:

- Runny nose • Scratchy throat and/or cough • Night sweats • Fatigue and aching limbs • Headaches

Please understand that any child who is unwell, particularly with possible Covid symptoms, should not be sent to school and if they exhibit the 'new' symptoms whilst cases remain high, Covid should be suspected. If symptoms develop during the school day, we will isolate and send children home and ask you to consider a PCR test before their return. Please pre-empt this if you/your child currently has any of these symptoms, or reports them outside school hours, and do not send poorly pupils into school.

Carlisle United

Carlisle United are organising a number of activities for the half-term break in February. They are keen to do Dance, Gymnastics and Football during this time. The schedule is as follows:

Dance and Gymnastics

-Harraby Sports Centre, Edgehill Road, Carlisle
-Tuesday 15th – Thursday 17th February 2022
-9-2pm
-6-11yrs
-email: soccerschools@carlisleunitedcst.co.uk
-telephone 01228 554169

Football

-Carlisle, Wigton and Penrith
-15th - 18th February 2022
-email: soccerschools@carlisleunitedcst.co.uk
-telephone 01228 554169

February Half-Term at Carlisle Cathedral

A message from Carlisle Cathedral - We have lots of fun activities at the Cathedral this half term for families. Join us for art activities, clay pilgrim badges and labyrinth mosaics as well as a free drop-in family activity morning. Find out more and book tickets by going to: <https://carlislecathedral.org.uk/tickets/>. Visiting the Cathedral is free and there are trails for families to do whilst exploring. We also have Peter Marlow's photography exhibition 'The English Cathedral' in the Cathedral.

Have a very good weekend

Mark Ashton