**Letter template: For school to send to the parent / carer of a pupil or student who has tested positive via PCR**

Dear Parent / Carer

Thank you for informing me that your child has tested positive for COVID-19 via a PCR test. I’m sorry to hear this and if they are currently unwell, I hope they feel better soon.

Your household should follow the [stay at home guidance](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance). Your child will need to complete a full 10-day isolation period. This includes the day that your child developed symptoms, plus the following 10 days. If your child did not have symptoms when they were tested, the isolation period includes the day of the test, plus the following 10 days.

You are likely to be contacted by NHS Test & Trace (NHSTT) to confirm your isolation period and identify any close contacts. They will advise you on the action other household members need to take in relation to isolation.

If any other children from our setting have had contact with your child socially (e.g. play date, party, sleepovers etc), please ensure you identify these children to NHSTT, so they can follow them up if they are close contacts.

From the information provided, your child can return to the setting on [insert date] Please let me know if NHS Test & Trace advise a different date.

If your child does not currently have symptoms but goes on to develop symptoms during their isolation period, their isolation period will re-start from the point that symptoms started (so their isolation period is then calculated as the day symptoms started, plus the following 10-days).

Please contact 111 if you are concerned about any illness symptoms in your child.

If not doing so already, we encourage all adults and secondary school aged children in your household (who have not tested positive for COVID-19 via a PCR test within the past 90 days) to self-test twice-weekly with lateral flow devices. Secondary school children are provided with tests via their schools. Adults can pick up free test kits from many local pharmacies or order kits [online](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests). Self-testing is not recommended for pre-school and primary school aged children.

We also recommend anyone eligible in your household gets the [COVID-19 vaccine](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/) if they have not done so already.

You may be eligible for a Test and Trace Support Payment if your child has a positive PCR test result and has to isolate. More details can be found [here](https://www.gov.uk/test-and-trace-support-payment)

We know this can be an anxious time for parents / carers, so please don’t hesitate to get in touch if you have any questions. We have also provided further information at the end of this letter on support available whilst your child is isolating at home.

Yours sincerely

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| **Mental wellbeing support for children and parents**Encourage your child to talk to you or their teacher if they are feeling anxious or stressed.Online resources to help you support your child with mental health and wellbeing, include:* [MindEd](https://www.minded.org.uk/) - a free educational resource on children and young people’s mental health
* [Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters/) - an online tool and email journey to support everyone in taking action to look after their mental health and wellbeing
* [Bereavement UK](https://www.childbereavementuk.org/) and the [Childhood Bereavement Network](http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx) - information and resources to support bereaved pupils, schools and staff
* the [DfE blog](https://dfemedia.blog.gov.uk/) - includes [mental health resources](https://dfemedia.blog.gov.uk/2021/02/01/mental-health-resources-for-children-parents-carers-and-school-staff/) for children, parents, carers and school staff

Public Health England’s (PHE) [advice and guidance for parents and professionals on supporting children and young people’s mental health and wellbeing](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing) includes actions you can take to support your child and emphasises the importance of taking 60 minutes of daily physical activity. Youth Sport Trust and [Sport England](https://www.sportengland.org/) have advice and support on helping children and young people stay physically active.NHS mental health services remain open and have digital tools to connect with people and provide ongoing support. Please use your local children and young people’s mental health service when needed. |