



Tuesday 8 November 2022

Dear Parents and Caregivers

We are beginning to have a small but growing number of confirmed COVID-19 cases in our school. The health and wellbeing of our children, staff and community is a top priority so we want to keep you informed.

All classes are still open at Henley School and instruction is continuing as usual.

What you need to do

- You and your whānau should be very vigilant about monitoring for symptoms.
- If any symptoms develop, get tested immediately.
- Wash hands often with soap for 20 seconds and dry your hands completely.
- Wash your hands if you have been in a public place or after blowing your nose, coughing or sneezing.
- Avoid touching your face, and cough or sneeze into your elbow or cover your mouth with tissues.

If you test positive

- You must self-isolate for 7 days. The first day of the positive test or symptoms (whatever comes first) is Day 0.
- After 7 days, as long as you are free of Covid-19 symptoms, you will be free to leave self-isolation on Day 8.

Household Contacts

- Household contacts do not need to isolate.
- If you are a Household Contact, you should test daily for 5 days with a Rapid Antigen Test (RAT) from the day the person with COVID-19 tested positive.
- If you test positive, you must self-isolate for 7 days.

Symptoms of COVID-19

- A new or worsening cough.
- Sneezing and runny nose.
- A fever.
- Temporary loss of smell or altered sense of taste.
- Sore throat.
- Shortness of breath.
- Fatigue/feeling of tiredness.

Less common symptoms include diarrhoea, headache, muscle aches, nausea, vomiting, malaise, chest pain, abdominal pain, joint pain, or confusion/irritability.

For more information, go to [the Unite Against COVID-19 website](#).

If your child chooses to wear a mask at school, we have a supply of child sized masks available.

Noho ora mai

Natalie Doty
Acting Principal
Henley School