
ST MICHAEL'S CATHOLIC SCHOOL

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'Striving for Excellence'

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Kia Ora Whanau,

You may have heard there are 4 confirmed COVID-19 cases in our school.

The health and wellbeing of our children, staff and community is a top priority so we are closely following the Ministry of Health guidance for schools.

At Phase 3 of the Omicron response, only cases and household contacts are legally required to isolate.

However, at our school, we have chosen to do a level of contact tracing and can advise that the confirmed cases are from all areas of our school. Fortunately, most cases were already isolating due to a family member testing positive. There is one case from Galilee who was at school the day before they tested positive this week.

What you need to do

- You and your whānau should be very vigilant about monitoring for symptoms.
- If any symptoms develop, get tested immediately.
- Wear a face mask when out and about.
- 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 and your whānau haven't been vaccinated or boosted, please do so as soon as possible. You can book on-line at bookmyvaccine.nz or by calling 0800 28 29 26. It's free.

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.

'To provide a sound balanced education in a Catholic environment'



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 you or someone in your whānau tests positive for Covid 19

- If you or your child receive a positive test result the household must isolate for seven days.
- Household contacts must test on Day 3 and Day 7.

Returning to school after COVID-19

- Students who test positive for COVID-19 are not required to self-isolate past seven days, but they shouldn't return to school if they are still feeling unwell.
- Many children will have long lasting runny nose and cough after viral infections. If it is over 10 days since the onset of the COVID infection and they are no longer feeling unwell, they are unlikely to be transmitting any active COVID infection and can return to school. However, if they are continuing to feel unwell or their symptoms are worsening after 10 days then GP review is recommended.

What we're doing

- We are staying open.
- We are using public health measures to reduce the risk in our settings, including masks, physical distancing and ventilation.
- We have appropriate cleaning procedures in place.

Noho ora mai,

Rachael McLanachan

Principal,

St Michael's Catholic School