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Dear Parents and Carers

We're pleased that rates of Covid-19 are still low in Waltham Forest thanks to the sacrifices that everyone has made and continue to make in their daily lives. The vaccination programme is progressing and now adults aged 30 or over can take their vaccine. If you are eligible, please book your vaccine as soon as possible and get the protection you need against this virus. You can book [here](#).

**Covid measures, including those in schools, remain important to stop the spread of the virus.** This means that schools continue to follow government guidance, including limiting contact between groups/bubbles, social distancing wherever possible, promoting regular and thorough handwashing, as well as having enhanced cleaning throughout the school, and increasing ventilation. Making sure that everyone in schools and settings continue to follow these measures is vital to keeping everyone as safe as possible. You can play your part by social distancing at school drop off and pick up and continuing to wear face coverings, where recommended.

It is also important that families **continue to follow government guidance** when outside of school, including during half term. It is safest to meet friends and families outdoors. If you do meet up indoors with friends and family you do not live with, this should be in no more than groups of 6 people or 2 households of any size, and keep windows open to ensure good ventilation. Please note, children of all ages count in the limit of 6.

**Travel abroad is not recommended** to any country on the amber or red list. No travel is risk-free and any country, including the UK, could change or bring in new rules on entry at any time. Please ensure that you are familiar with the guidance on travelling abroad, available [here](#), including the requirements for testing and quarantine. If you do travel abroad to a country that is not on the green list, please help to keep everyone safe by quarantining when you return and not sending children into school.

One of the most important things that we can all do to keep our friends, family, schools and childcare settings safe is to **get tested regularly**. We advise that you do this twice a week, and children over the age of 12 should take a test before returning to school after half term. If you don't have symptoms, you can find information [here](#) on where to get free Lateral Flow tests, including test kits you can use at home.

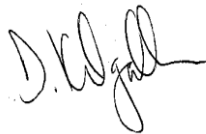
Please remember, the **rapid home Lateral Flow Tests are NOT to be used for people with symptoms**. If anyone has symptoms of Covid-19 (a high temperature, new persistent cough or change in sense of taste or smell), how ever mild, then they and their whole household should self-isolate and they should get a PCR test as this is the most accurate test for detecting Covid-19 when you have symptoms. Please do not let children come into school if they or anyone else in the household has symptoms or have tested positive.

We hope you have a lovely half term break and our schools look forward to welcoming children back in June.

Yours sincerely



**Joe McDonnell**  
**Director of Public Health**



**David Kilgallon**  
**Director of Learning and Systems Leadership**