



COVID19 Family Guidance – January 2022

Dear parent or carer

As we start a new year, I want to welcome back children and families, especially those joining Dingley's Promise for the first time. This guidance focused on Covid-19 and explains how Dingley's Promise is continuing to respond to changes in Government guidance.

Please read through carefully to ensure you are fully informed.

Our Centres remain open, and our staff, children and families continue to adapt well to the risk assessments and procedures. Our staff and volunteers have been preparing our centers and activities for the children returning. We have missed them over the summer.

As always do contact your Centre Manager if you have any queries, as soon as possible, so that we can support you effectively. Our Family Support Workers continue to offer support for you and your children so please do take advantage of that whenever you want to.

I hope that, like me, you and your family have had an enjoyable Christmas break and look forward 2022.

Thank you so much for your support.

Stay safe and remain positive.

Best regards

Catherine McLeod MBE

Chief Executive

3 January 2022

COVID19 Family Guidance - September 2021

COVID-19 infection rates are very high and the Omicron variant is spreading rapidly. It is important that we all take steps to reduce the spread of COVID-19 infection in the community to save lives and protect the NHS. At Dingley's Promise we continue to do what we can to stop the spread.

- Regular testing
- Staying cautious in public spaces
- Wearing face coverings, if appropriate
- Getting vaccinated - All eligible residents are encouraged get vaccinated if they have not done so already. Anyone unable to get a jab on these dates can still book their first or second dose of the vaccine through the NHS [website](#).

These collective efforts all go a long way in curbing the spread of Covid-19. Keep up to date with all the latest Covid-19 statistics for Berkshire by visiting the [Berkshire Public Health website](#)

What to bring to the Centre

- Before you bring your child in, please pack them a healthy lunch with their own bib if needed.
- Wherever possible, food should be served cold to reduce the need to heat meals.
- Please dress them in clean clothes every day, and do not allow them to wear the same things two days in a row to reduce the chance of germs spreading.
- Please pack a chewy if your child benefits from this so that they have their own in the setting.

Covid-19 symptoms and testing

- Check your child's health, including their temperature, and if they are showing any symptoms of COVID-19 please do not bring them in and inform us.
- Symptoms of COVID-19 are a new and continuous cough, high temperature, or loss of, or change in, your normal sense of taste or smell.
- Lateral Flow tests can be regularly used by people who do not display Covid-19 symptoms and are widely available, including from your local pharmacy.
- If anyone in your family is displaying symptoms, they should book a PCR test at a local testing Centre.
- If there is a positive Covid-19 case within your household, those living in your household are advised to book a PCR test. This includes children under 5 years of age. Test and Trace will contact you with your results and further advice.

Travelling to us

- Families travelling by public transport at this time are advised to remain cautious. Advised to use a face covering, to social distance, be aware of surfaces they touch and avoid touching their faces.

When you arrive

COVID19 Family Guidance - September 2021

- Will continue not to have parents entering the building.
- If you need to come into the Centre, you will be advised to wear a mask.
- All children will wash their hands thoroughly for 20 seconds when they arrive.
- All items brought from home will be cleaned on arrival.

During the day – keeping everyone safe

- Drinks will be served to the children throughout the day. If they drink from a cup, these will be regularly cleaned.
- Time in the garden will be scheduled every day so children have fresh air. When children finish playing, all outdoor equipment they have touched will be cleaned.
- Only one child and one staff member at a time will be allowed to enter the bathroom.
- Close physical contact will be limited, and children will take part in activities in as much space as possible.
- Staff will use PPE when carrying out medical interventions such as suctioning, or where a child's bodily fluids are likely to splash the staff member. For normal interaction, they will not use PPE.
- We will keep small windows open and air rooms when there are no children in them to make sure there is as much fresh air circulating in the building as possible.
- Any visitors are in the setting we will adhere to our Covid-19 risk assessment.

Hygiene

- Children will be supported to wash their hands thoroughly for at least 20 seconds throughout the day – specifically after snack, lunch, garden time, toileting, sneezing or coughing. We will also use hand sanitiser regularly.
- We will encourage children not to touch their mouth, eyes, and nose, to use a tissue or elbow to cough or sneeze and to use bins for tissue waste ('catch it, bin it, kill it')
- We will monitor children carefully throughout the day, and they will be discouraged from putting things in their mouths. If they do, the item will be removed and cleaned immediately.
- When using the hoist, it will be cleaned after every use.
- The Centre will be thoroughly cleaned at the end of every day, and during this period we will have less toys in general and no soft toys or cushions.

What happens if someone in the Centre has symptoms of COVID-19?

- If your child has symptoms during the session, you will be contacted to collect your child immediately. You are advised to contact Test and Trace on 119 and book a PCR test.
- If a staff member has symptoms during a session, they will immediately go home and will book a PCR test.
- If a staff member or child tests positive for Covid-19, will be advised by Test and Trace on what additional actions we must carry out regarding self-isolation
- For children under 5, LFD testing at parental or guardian discretion.

COVID19 Family Guidance - September 2021

Since Wednesday 22 December, the 10 day self-isolation period for people (including children) who record a positive PCR test result for COVID-19 has been reduced to 7 days in most circumstances, unless you cannot test for any reason.

- Individuals may now take LFD tests on day 6 and day 7 of their self-isolation period. Those who receive two negative test results are no longer required to complete 10 full days of self-isolation. The first test must be taken no earlier than day 6 of the self-isolation period and tests must be taken 24 hours apart.
- If both these test results are negative, and the child does not have a high temperature, the child may end their self-isolation after the second negative test result and return to the Centre from day 8.
- In line with Government guidance all staff in the Centres are having twice weekly lateral flow tests.
- For further information:
[Stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/stay-at-home-guidance-for-households-with-possible-or-confirmed-coronavirus-covid-19-infection)
- **PLEASE NOTE** as a registered childcare setting, we may be advised by the Department for Education or Test and Trace to close the Centre or may have to reduce the number of sessions due to staff shortages. We aim to minimise this but appreciate your continued understanding that some circumstances may be beyond our control.

Support for your family

- Our Family Support Workers will continue to offer support through our outdoor 'Walk and Talk' during which you can discuss the help available, practical issues and general wellbeing. Please contact your FSW if you feel this would be helpful for you.
- If you feel that you need more support at any time, please do contact either your FSW, your Centre Manager or your child's Key Person. We are all here for you.