

Dear parents and carers,

I am writing today on what we can do to build our resilience to Covid-19 in response to rising cases in some areas across the country.

Health and wellbeing

The best way for someone to boost their immune system is to adopt a healthy lifestyle. Following general good health guidelines is the best step anyone can take towards keeping up their immunity naturally.

Whilst some of these things may sound quite basic, taken together, they contribute to the body being in the best health to be able to fight and recover from any infection. You and your child may wish to consider:

- Taking supplements such as Vitamin D, Zinc and Vitamin C which all have important functions including boosting the immune system.
- Eating a diet high in fruits and vegetables ([please see the Eatwell Guide here](#)).
- Dietary diversity - a diverse diet increases "good" bacteria in the gut which is associated with reduced frequency of infection.
- Probiotic foods - 70% of immune function resides in the gut and a healthy digestion is important for a healthy immune system.
- Exercising regularly.
- Getting a good night's sleep.
- Take steps to avoid infection such as washing your hands frequently.
- Stress affects your immune system - yoga, meditation and breathing exercises can all help to reduce stress.

Vaccination

Young people (those aged 12 and over) are now being offered the Covid-19 vaccine. The decision on whether to receive the vaccine is one for each young person and their family.

To help make the decision, the NHS has provided a guide for 12 to 17 year olds [which can be read here](#).

The vaccine will be offered at the Academy by the NHS and you should have received some information about this, if not please contact the Academy on 0114 2200 400 and we can arrange for this to be sent to you.

Principal - Mr James Pape

Leeds Road, Sheffield, S9 3TY

Tel: 0114 2200 400 Email: info@oasisdonvalley.org www.oasisacademydonvalley.org

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Lateral flow testing

Lateral flow testing remains an important guard against the spread of Covid-19 by those who are asymptomatic.

We encourage all students and staff (who consent) to continue to take a lateral flow test at home, twice a week before coming into school.

Anyone with a positive lateral flow test result should self-isolate and request [a free PCR test by clicking here](#), or by searching 'gov.uk coronavirus test' to check if they have COVID-19. Whilst awaiting the PCR result, they should continue to self-isolate.

Thank you for considering what else you and your family might be able to do to build our resilience to Covid-19. Our priority remains everyone's safety and doing everything we can to keep the Academy open so that our students are where they need to be - in the classroom, learning together.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'J. Pape'.

Principal
Oasis Academy Don Valley

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