



6 July 2021

Dear Parents/Guardian,

Strenuous Activities Post-Vaccination

Please find below important information relating to strenuous activities post-vaccination. Students are to avoid strenuous activities during and after school, for one week after the first and second dose. Some examples (non-exhaustive) of strenuous physical activity to avoid are:

- Swimming
- Cycling
- Running
- Weights lifting
- Competitive sports
- Ball/racket games

Students should make PE/CCA staff aware if they have received their first or second dose in the past week, as the school does not have access to student vaccination records. Students should seek medical advice immediately, should they experience chest pain, shortness of breath or abnormal heart beat after the vaccination and inform the school.

Updates to Leave of Absence and Approved Absences

To keep our students and schools safe, MOE has enhanced its Leave of Absence (LOA) and Approved Absence (AA) policies to ensure that students or staff with possible risk of infection stay away from school. ACS (International) is adopting the same measures as part of our response to COVID-19.

As part of the screening measures, these students should not go to school:

- a. If students or individuals (6 years old and above) in their household are unwell with flu-like symptoms.
- b. If students or their household members are required to undergo mandatory testing due to a COVID-19 cluster.
- c. If students are placed on AA, LOA, Stay Home Notice, or under a Quarantine Order, see Annex A on Page 2.

If your child/ward belongs to any of the above categories, alert the school so that schools can provide the appropriate guidance.

Students should practise good personal hygiene both in school and at home. Students and their household members should seek medical attention immediately if they are unwell

with flu-like symptoms (even mild symptoms) and should undergo a COVID-19 swab test. MOE strongly urges all parents to comply with our screening policy to keep their children at home and inform the school immediately if there are household members who have flu-like symptoms, or are awaiting results of a mandatory swab test.

We appreciate everyone in our community following the above procedusre strictly for the safety and health of everyone.

Yours sincerely,



Gavin Kinch
Principal

Annex A: Enhancements to Schools' Leave of Absence (LOA) and Approved Absence (AA) Policies

Category	Description
<p>Leave of Absence (Quarantine Order)</p>	<p>1. For students staying in the same household as <u>individuals on QO</u> serving QO at their place of residence, for the duration of their QO.</p> <ul style="list-style-type: none"> a. LOA (QO) will not be issued to students if their household member on QO is not serving their QO at their place of residence. b. For students staying in the same household as individuals who are awaiting transportation to GQF, until the PUQ <ul style="list-style-type: none"> i. moves out to serve the QO at the GQF; <u>and</u> ii. tests negative for COVID-19 entry swab test.
<p>Approved Absence</p>	<p>2. For students staying in the same household as <u>individuals (6 years and above) with flu-like symptoms</u>.</p> <ul style="list-style-type: none"> a. They will be placed on AA and be required to stay at home until the unwell household member's COVID-19 test result (Antigen Rapid Test (ART) or Polymerase Chain Reaction (PCR) Test)* is reported to be negative. <p>3. For students, if <u>they or their household members</u> have to undergo <u>mandatory</u> testing due to a COVID-19 cluster.</p> <ul style="list-style-type: none"> a. They will be placed on AA and required to stay at home until the individual's COVID-19 test result (ART or PCR)* is reported to be negative. b. This does not include students with household members who are healthcare workers and other sectors who undergo rostered routine testing. <p>4. For students who have been on MC due to flu-like symptoms and are unable to produce evidence of a negative COVID-19 test result (ART or PCR)* by the end of their MC.</p> <ul style="list-style-type: none"> a. They will be placed on AA for a further 5 days after the date of expiry of their MC.

**Parents may refer to the following link <<http://flu.gowhere.gov.sg/>> for a list and map of clinics and medical groups that provide PCR tests for adults and children.*