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Monday 16 November 2020

Dear Parents and Carers

### **Advice for your child to self-isolate**

As we informed you over the phone earlier today, **I am writing to let you know that we have a confirmed case of coronavirus (COVID-19) in school.**

We have followed the national guidance and have identified that your child has been in close contact with the affected person. In line with the national guidance your child must stay at home and self-isolate until the **end of Friday 20<sup>th</sup> November 2020**. This means that they may return to school on **Monday 23<sup>rd</sup> November 2020**. This is because the last time your child may have had contact with the affected person was **Friday 6<sup>th</sup> November 2020**.

We are asking you to do this to reduce the further spread of COVID 19 to others in the community.

If your child is well at the end of the period of self-isolation, then they can return to usual activities.

Other members of your household can continue normal activities provided your child does not develop symptoms within the self-isolation period. This means that any siblings are able to continue to attend school. Please ensure that you do not bring any child who is self-isolating to school for dropping off and picking up siblings who are still able to attend school.

Please see the link to: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

### **What to do if your child develops symptoms of COVID 19**

If your child develops symptoms of COVID-19, they must not come to school and should remain at home for at least 10 days from the date when their symptoms appeared. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

### **Coronavirus (COVID 19) symptoms and what to do if you're unwell**

Do not leave your home if you or your child you have coronavirus symptoms. These are:

- new continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough it may be worse than usual)

- high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a loss of, or change in, normal sense of taste or smell (anosmia) – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms. To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home and start self-isolating. Do not have any visitors until you get your result. Anyone you live with must also stay at home until you get your result.

If you or your child develops symptoms, you can seek advice from the NHS website at:

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> If you are concerned about your child's symptoms, or they are worsening, you can seek advice by phoning 111.

If there is a confirmed case in your household, all other household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill. This includes anyone in your 'Support Bubble'. **Please contact school as soon as possible if your child tests positive for coronavirus.**

Household members should not go to work, school or public areas and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

Further information on 'Stay at home guidance' is available at:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae>

### **How to stop COVID-19 spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19.

#### **Do:**

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

### **Further Information**

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

### **Remote Learning**

If you do have any questions that we can help with, please contact the school. Teaching staff will be in touch with information about remote learning for this period, and we would ask that if anyone will have difficulty accessing content online they let us know as soon as possible so that we can help with this.

Kind regards

Simon Beahan  
Acting Executive Headteacher