



8th October 2020

Dear Year 8 Parents/Carers,

Advice for Child to Self-Isolate for 14 Days

We have been advised that there has been a confirmed case of COVID-19 in your child's year group.

We have followed the national guidance and have identified that your child has been in close proximity with the affected child. In line with that guidance your child must now stay at home and self-isolate up to and including Thursday 22nd October. **We will expect your child to return on Friday 23rd October.**

Please note that having had a COVID diagnosis in the past, or a test in the coming 14 days does NOT exempt you from this self isolation period.

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 14 day 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 14 day self-isolation period.

Please see the link to the PHE Staying at Home Guidance:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, they 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.

All other household members who remain well 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. 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, you can 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.

Symptoms of COVID 19

The most common symptoms of coronavirus (COVID-19) are the recent onset of:

- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111.

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-19L:

- 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/>

Work during this period

We will invite your child to join morning registration and live lessons via Microsoft teams whilst they are self-isolating. If they have any problems with joining lessons please contact us so we can offer technical support. Work for practical lessons, and work for lessons where the staff member is absent, can be found on Class charts. If you have any other concerns or queries please don't hesitate to get in touch.

Please ensure that your child applies the same work and behaviour ethic to their online class participation, as they would do if they were there in person.

We are so sorry that your child has been affected yet again by this situation and we will do everything we can to ensure that it does not impact on their progress. We are really looking forward to having them back in school as soon as possible.

Yours faithfully

A handwritten signature in black ink, appearing to read 'Mrs John', written over a horizontal line.

Mrs John
Headteacher