

Advice for Child to Self-Isolate for 10 Days

14th June 2021

Dear Parent and Carers

We have been advised by Public Health England that there has been more confirmed cases of COVID-19 in Year 9. Our thoughts are with the pupils and families affected. We are following Public Health guidance and ask those pupils already contacted by the school self-isolate immediately until Friday 18th June. All of Year 9 should now stay at home and should follow the advice given by Public Health in the letter attached. Year 9 can return to school on Monday 21st June. We will support their learning and working from home remotely. All lessons will be on Teams. 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 and has no symptoms by the end of Friday 18th June, they can return **to school Monday 21st June. This is unless you have been told a later date by NHS Test and Trace.**

Other members of your household can continue normal activities, provided your child does not develop symptoms within the 10 day self-isolation period. 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>

In line with Public Health guidance, **face coverings will be mandatory from Monday 7th June** and ask that your child wears a face covering while in lessons and in communal areas.

All pupils are already confident in accessing Teams, our pupils also make extensive use of Educake and Hegarty Maths. Work will be set for all pupils in Year 9 for Monday 7th and those isolating longer until the end of their isolation. All pupils are expected to engage in the on-line learning and registers will be taken to monitor that pupils are meeting the expectations.

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 10 days. This includes anyone in your 'Support Bubble'. The 10-day period starts from the day when the first person in the house became ill. 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 10 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. Please see the link to the PHE 'Stay 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>

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Symptoms of COVID 19

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

- 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/>

Yours sincerely

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