

Dear Parent/Carer

We are working hard to maintain a calm atmosphere for our children in school during the uncertainty over the spread and risks associated with coronavirus/COVID-19. In our assembly yesterday we tried to explain how our bodies develop immunity to a virus by developing anti-bodies (corona soldiers) after we have come into contact with the virus and how this helps eventually to slow or stop the spread of the disease. We also talked about how we can keep in touch with our relatives remotely so that those who are advised to self-isolate for a longer period of time can still maintain some outside contact. The availability to facetime, skype, telephone and email were all discussed and ideas of things to do in the garden or online were also shared.

We continue to keep abreast of the changing situation and DFE advice, via daily updates, with regard to coronavirus/COVID-19. As a result of the Government Briefing yesterday at 5.00p.m. some of this advice has now changed, please be aware of the following:

In line with current Government advice, **the school remains open.**

### **Symptoms of coronavirus**

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

- new continuous cough and/or
- high temperature

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

### **Self-isolation (and home isolation)**

I draw your particular attention to the information with regard to if you **or others in the household** have symptoms – **this guidance has changed from the Government briefing on 16 March 2020.**

This advice is found here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

The main messages are:

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for **7 days** from when your symptoms started. (See ending isolation section for more information)
- if you live with others and you or one of them have symptoms of coronavirus, then all 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
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community

- for anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14-day isolation period. (See ending isolation section for more information)
- if 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
- if you cannot move vulnerable people out of your home, stay away from them as much as possible

if you have coronavirus symptoms:

- do **not** go to a GP surgery, pharmacy or hospital
- you do not need to contact 111 to tell them you're staying at home
- testing for coronavirus is not needed if you're staying at home
- plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household
- ask your employer, friends and family to help you to get the things you need to stay at home
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999

In the event that you are isolating your child at home, we ask that you call or email the school on the first day your child is absent, as you would do normally if they were absent. If this is because your child has displayed symptoms, then they should not return to the school until they have passed the 7-day self-isolation period. If you are self-isolating your child due to a suspected case in the home, then this isolation period extends to 14 days. Throughout a declared period of self-isolation, please be assured your child's absence will be authorised and we will not require medical evidence.

I am afraid that we do not have the capacity to set individual work for children who are being self-isolated. Teachers are currently working on a package of learning that students will be able to complete if we have to close the school.

Please be assured that we will inform you of any changes as soon as we become aware. Please also check our website regularly as the homepage will be updated to reflect current guidelines.

Mrs Christine Friar