

Dear Year 7 Parents & Carers

### **Advice for child to self-isolate for 14 days**

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within our Year 7 group bubble. Please see below, the direct communication and advice from Public Health England.

#### **Isolation advice**

We have followed the national guidance and have identified that your child in Year 7 has been in close contact with the affected person. In line with the national guidance, we recommend that your child now stay at home and self-isolate until Friday 4<sup>th</sup> December 2020 and should return to the Academy on Monday 7<sup>th</sup> December providing they are symptom-free.

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 days 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-homeguidance-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, you should organise for your child to be tested via the NHS online portal or by calling 119. Your household should isolate until you receive the test results giving the all clear.

#### **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.**

#### **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 Flu vaccination

### Further information

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

As you know, the health, safety and wellbeing of all of our young people is our top priority. We have extensive safety measures in place to mitigate against the risk of transmission. This situation serves as a reminder that we all need to remain vigilant, both in school and in the community, and follow the latest Government guidance.

I know that this is a lot of information to take on board at the start of term. We will be in communication tomorrow with detail of our arrangements for learning from home. If you have any questions or queries, please send these via MCAS. If you do not yet have access to the MCAS app, and you have a question, you can call the Academy, but please be aware that our phone lines may be busy.

Please rest assured that we will keep you updated on the current situation.

Warm regards

**Miss D Gobbi**  
**Principal**

**Principal - Miss D Gobbi**

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