

To: all parents/carers; Y12/Y13 students

22 September 2020

Dear Parent/Carer/Student

Advice to all parents and carers (and students where age appropriate) - COVID-19 possible case update

Following my recent letters advising that we have had a number of students undergoing testing I just wanted to write to you again providing the latest situation. On 18 September 2020 I wrote advising that we had received 8 negative tests in total. Since that time, I can now confirm that although we are still awaiting test results from several other students, we have received a further 6 negative results. We will keep you informed as soon as we receive the other results. As you know some parents/carers continue to find it extremely challenging to get the tests and may need to isolate for 10 days so we may not get tests for every suspected case.

We would like to reassure you that the safety of our staff and students is of utmost importance and we are committed to following the national and local guidance and advice. It is important that the whole school community supports us in our efforts by following the system that we have put in place to protect everyone's safety. Further advice on what to do if your child develops symptoms is provided below.

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. We would also recommend getting a test as soon as possible. Information on testing is available via the links below:

<https://www.justonenorfolk.nhs.uk/test-trace>

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/>

<http://www.nnuh.nhs.uk/our-services/covid-19-testing-key-workers/>

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 should not go to work, school or public areas and exercise should be taken within the home.

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

If you are able, you should 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.

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Further information on isolation is available here:

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

If your child is isolating due to developing symptoms themselves, or due to the household isolation or being identified as a close contact, please let us know as soon as possible in the same way you normally report absence. This will help us to take the right precautions at the setting.

Symptoms

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

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

If your child or anyone in the household 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.

Do

- follow the guidance on social distancing
- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser 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 faithfully



Ms C Dallas
Headteacher