

## Advice for Child to Self-Isolate for 14 Days

7 December 2020

Dear Parents and Carers of all Year 7 students

We have been advised by Public Health England that it is highly likely we have a positive case of COVID-19 within the Year 7 group at the school.

### Isolation advice

We have followed the national guidance and have identified that your child may have been in close contact within the year group bubble. In line with the national guidance, your child must now stay at home and self-isolate until and including Friday 18 December (14 days after contact).

Their first day back in school will be Wednesday 6 January 2021. The advice to self-isolate applies to all students in Year 7 that attend St Dunstan's School.

I fully appreciate the magnitude of this decision but the school is acting upon the advice of Public Health England. 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 note – you should not arrange for a test unless your child or a member of the household develops symptoms.**

The school will now undertake a deep clean of all areas used by Year 7 to ensure St Dunstan's remains a safe environment for all of our students and staff.

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>

### **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. This includes anyone in your 'Support Bubble'.

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. 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 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If you are able to it is recommended you 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>

## 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

### *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

## Further Information

Further information is available at

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

## Home Learning

Work will be set via Google Classroom for each subject that your child has on their timetable. Students should continue to work at home for a similar length of time allocated to each subject when they are in school. We suggest that students use their own school timetable to manage their day and maintain the typical structure of the school day.

However, we understand that each family's context is different so please adjust the home learning guidance as required to suit your circumstances. If you have any concerns about accessing home learning, please get in touch by emailing the [secretary@stdunstansschool.com](mailto:secretary@stdunstansschool.com) or calling us on 01458 832943.

I understand the concern this information will cause and I once again stress the importance of parents following the guidance set out by the government. Students who are symptomatic or awaiting test results must self-isolate and not be sent to school. Please could I also ask that on your child's return to school you reinforce with them the importance of acting responsibly when in school and when travelling to and from school, socially distancing themselves when possible and avoiding contact with each other at all times.

Thank you all for your cooperation and understanding in these most challenging of times.

Yours sincerely



Keith Howard  
Headteacher