

9<sup>th</sup> September 2020

Dear Parents and Carers,

It has been lovely to welcome our children back this week and so far, they are adapting quickly to the safety measures we have put in place.

I am writing to remind you of how you can help us to stay safe and of what to do if your child is unwell or develops COVID-19 symptoms. **We must all play a part in stopping the spread of the virus.**

Firstly, if your child is unwell for any reason, please do not send them to school until they are feeling better. Please contact the school office to let us know that your child is not going to be in school and we will advise you on what to do next.

**If your child develops symptoms of COVID- 19:**

- they should remain at home for at least 10 days from the date that symptoms began
- all other household members, including siblings at our school, even if they are well, must stay home and self-isolate for 14 days from the day that the first person in the house became ill
- you are advised to **book a test for the person who has symptoms** and inform the school as soon as you get the result so that we can tell you what to do next

**The most common symptoms of 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)

For most people, coronavirus will be a mild illness; however, we must take care to protect the more vulnerable members of our community. 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/symptoms/> or you can phone them on 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 and 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

Please also remember to **keep your distance** particularly at school drop off and pick times and adhere to the school measures that are in place.

Thank you for your ongoing support.

**Ms P Duggal**  
Headteacher

Together we learn. Together we succeed

