



Date: 17/11/2020

Advice for Child to Self-Isolate for 14 Days

Dear Parent or Carer,

We have been made aware that we have a positive case of coronavirus (COVID-19) in our Year 9 bubble at Selston High School.

We have followed the national guidance and have identified that your child has been in close contact with the affected child. In line with the national guidance your child must stay at home and self-isolate until Monday 30th November (14 days after contact).

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: 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 .

People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority.

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 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

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 the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> 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/>

How we will support you and your child

Free school meals

For students eligible for free school meals our caterers have put together a package of ingredients that will enable you to make a healthy lunch for your child each day. The package covers a week and you will be contacted to confirm you are taking up this offer and arrange collection.

Accessing your work from home

In the event that you are required to work from home, should you feel well enough to do so, we ask that you complete work set by your subject teacher via TEAMS. You should try your best to follow your normal school day as if you would be in school by using your timetable to see which lessons you would have. You have been shown in school how to access TEAMS but below is a reminder.

Accessing TEAMS is done via your email. To do so, log into Office 365 (Office.com) using your school user name and password. NOTE: you will need to put your user name followed by @selstonhigh.org.uk as you are accessing the system outside of the school network
Example: UName@selstonhigh.org.uk

In the top left corner of outlook, you should see 9 small squares, click on this and select TEAMS.

You should then see each of your classes. Your teachers are regularly uploading work to these TEAMS for you to be able to complete the lessons from home.

Students are encouraged to contact their teachers via email or Teams with any questions or queries they may have. If work is submitted online feedback will be provided.

If you have any technical issues, please contact school on 01773 810321 and a member of our ICT team will be happy to help you.

If you do not have access to wifi and a laptop/computer, please make school aware and we will be happy to collate work packs for you to do in paper form.

Rewarding positive work at home

As in the first lockdown, parents are able to issue students with positive points using our Classcharts system. All parents have been sent a code to allow them to access the system. Students are encouraged to work to achieve the points which can be awarded for completion of tasks, reading, physical exercise and helping others.

Pastoral support

Please do not hesitate to contact the school if either you or your child are struggling with the current situation. Our Pastoral Team are happy to support you directly or can signpost you to other agencies who can help during the current difficulties.

Our website

We are currently developing an area of our website to help support students who are isolating. We encourage parents to check these pages regularly.

Thank you again for your support.

Yours sincerely



Paul Halcro
Headteacher