



25<sup>th</sup> October 2020

## FOR PARENTS OF CLOSE CONTACTS OF COVID 19 at CFS

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

Dear Parent or Carer,

We have been made aware that we have a confirmed positive case of coronavirus (COVID-19) at CFS in the Year 7/8 bubble.

We have followed the national guidance and sought immediate advice from Public Health England and the Department of Education. **Pupils in the Year 7/8 bubble have been identified as close contacts.** In line with the national guidance, I am afraid that this means that **your Year 7 or 8 child must therefore stay at home and self-isolate until the end of Wednesday 4<sup>th</sup> November (14 days after the last potential contact in school).** If you have a child in another year group in the School, you will receive a separate letter regarding what action is needed for them.

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>

### Remote Learning

This does of course mean that your child will not be able to return to school as expected, straight after half term, **but will instead return on Thursday 5<sup>th</sup> November.** For two days, they will therefore receive remote learning. Work will be set on Satchel One for all the lessons that your child would normally have had over these two days. Teachers will upload these by the normal timetabled time. Where possible, work will be set as recorded lessons, with links provided on Satchel One for your child to log into a live feedback/support session during their normal lesson time to be able to discuss the work with their teacher, and to get any help that is needed. We would ask you strongly encourage your child to log into these sessions where possible, as they will help replicate the face to face teaching that they should be experiencing in school. The pastoral team will be in touch with anyone we know will struggle to access online learning, but please do let your child's tutor know if your child is unable to access Satchel One. As it is the holiday, you may not receive a response until just before we return, but we will be ready to action any work by the time term time resumes.

We understand this is a worrying development – both in terms of health worries and the educational impact. Please see the following information regarding health advice. As a school, all Year 7 and 8 teachers and tutors will ensure that they have contact with their pupils over the two days, to ensure that that the impact on curriculum time and teaching is kept to a minimum. We have been preparing for this scenario and so are ready to action the remote learning support.

## **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, 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 health information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

For further support or information regarding the remote learning, please contact your child's tutor or Head of Year (Miss Oxley for Year 7 – [roxley@chichesterfreeschool.org.uk](mailto:roxley@chichesterfreeschool.org.uk), Mr Carter for Year 8 – [bcarter@chichesterfreeschool.org.uk](mailto:bcarter@chichesterfreeschool.org.uk))

Obviously, this is not the way we were hoping to start the second half term back, but please be assured that we are following all Public Health guidance closely and the well-being of your child is paramount in all decisions we have to make.

Kind regards,

**Mrs L New**  
**Principal**