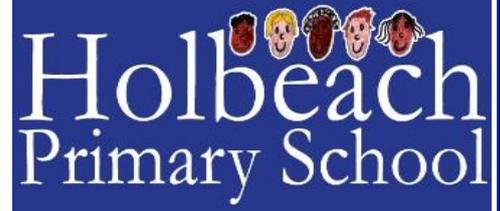


Holbeach Primary School

Nelgarde Road, London SE6 4TP

Tel: 020 8690 4713 Email: admin@holbeach.lewisham.sch.uk

Web: www.holbeach.lewisham.sch.uk



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Saturday 19th December 2020

Dear Parent/Carer

RE: FOR PARENTS OF DIRECT CLOSE CONTACTS OF A CONFIRMED CASE OF COVID-19 IN 4S AT HOLBEACH SCHOOL (Advice for Child to Self-Isolate for 10 Days from Friday 11th December)

I am writing to inform you that we have been advised that there has been a confirmed case of COVID-19 within the school.

We have followed the national guidance and have identified that **your child has been in direct close contact** with the affected case. It is important that you try not to worry and follow the advice below.

In line with the national guidance, we strongly recommend that your child now **stays at home and self-isolates until Tuesday 22nd December** (10 days after contact).

Please note that means that from **Wednesday 23rd December 2020** your child will no longer need to isolate.

We are asking your child to self-isolate in order to reduce the further spread of COVID 19 to others in the community.

What Self-Isolation Means

Self-isolation means they should:

- stay at home;
- ask friends or family members to bring them things they need such as medication and groceries or use delivery services for shopping which must be left outside your home for you to collect;
- as much as possible, separate themselves from others with the door closed or stay at least 2 metres (6 feet) away from people in your home;
- stay away from vulnerable individuals such as the elderly and those with underlying conditions as much as possible;
- stay in a well ventilated room with a window that can be opened to keep air moving;
- sleep alone, if possible;
- clean toilet/bathrooms after their use if you share then with others (wiping surfaces they have come into contact with every time);
- wash their hands regularly for 20 seconds, each time using soap and water;
- use separate towels at all times from others in the household;
- stay in touch with others over the phone or through social media

They should **not**:

- go to school, public areas or use public transport or taxis;
- go outside unless they have access to your own garden;
- invite people into their/your home;
- share towels, bedding or eating utensils and dishes, cups and glasses.

For further details, please see the link to the Governments 'Staying 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>

If your child is well at the end of the 10 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 10-day self-isolation period.

Headteacher:
Mr Tom Bulpitt

Assistant Headteachers:
Mrs Angela Cronin
Mr Phil Morriss
Mrs Karen Robertson

School Business Manager:
Mr Gareth Hudson

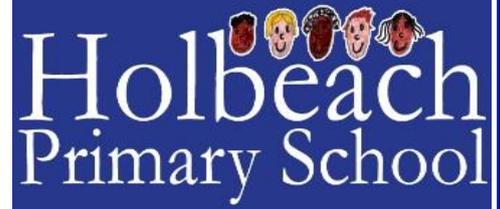
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Mr Derek Holmes

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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.

All other household members who remain well must stay at home and not leave the house for 10 days. The 10-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 10 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.

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, your 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 is available at

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

If you experience any difficulties, please do contact the school's emergency email address (covid@holbeach.lewisham.sch.uk). Thank you in advance for your cooperation in this challenging time.

Yours sincerely

Mr Bulpitt
Headteacher

Headteacher:
Mr Tom Bulpitt

Assistant Headteachers:
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Mr Phil Morriss
Mrs Karen Robertson

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Mr Gareth Hudson

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