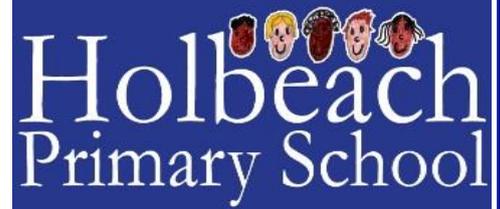


Holbeach Primary School

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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Tuesday 2nd March 2021

Dear Parents/Carers,

RE: FOR PARENTS OF DIRECT CLOSE CONTACTS OF COVID 19 IN THE YEAR 5/6 KEY WORKER BUBBLE AT HOLBEACH PRIMARY SCHOOL - Advice for Child to Self-Isolate for 10 Days

We are writing to confirm that we were informed today of a person who has been in the school who has tested positive for coronavirus (COVID-19).

What the school has done

A full risk assessment has been carried out. We have followed the national public health guidance and have identified that **your child has been in close contact with the affected person**. Your child must now stay at home and self-isolate for ten full days after the date they were last in contact with the person who tested positive. This means they can stop isolating at 23:59 on Wednesday 10th March and **return to school on Monday 15th March**. Further information about online learning can be found at the end of this letter.

What you need to do

We are asking you to do this to reduce the further spread of COVID 19 to others in the community. Therefore, **your child needs to self-isolate for 10 full days**. They should not leave your home except in exceptional circumstances, for example for a medical emergency or to avoid a risk of harm. They cannot go to school/nursery or public areas. People can become infectious up to 2 days before symptoms begin and they could spread the disease to others if they do not go into self-isolation. Your child should try to avoid contact with vulnerable family members as much as possible.

Other members of your household do not need to self-isolate during the 10 days if your child does not have symptoms. They can continue normal activities.

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 them 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

Headteacher:
Mr Tom Bulpitt

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

School Business Manager:
Mr Gareth Hudson

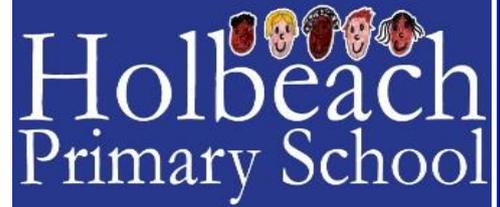
Premises Manager:
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They should not:

- 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.

If your child is well at the end of the 10 days period of self-isolation, then they can return to usual activities.

They need to stay at home for the full 10 days because it can take 10 days for symptoms of COVID-19 to develop. If your child does not stay at home, there is a chance that they could pass on COVID-19 to someone else, even if they feel well. Even if they never develop symptoms, they can still be infected and pass the virus on without knowing it.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 10-day self-isolation period.

Please see the link to the PHE 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>

What to do if your child develops symptoms of COVID 19

For most people, COVID-19 will be a mild illness. However, if your child develops symptoms of COVID-19, they should stay isolating at home for at least 10 days from the date when their symptoms appeared and have a PCR test as soon as possible. A test can be booked here: <https://www.gov.uk/get-coronavirus-test>

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

If the PCR test result is negative – your child must continue to self-isolate until the end of the original 10 full days, as they could still develop COVID-19. The rest of the household can stop isolating, unless someone gets new symptoms.

If the PCR test result is positive – your child must self-isolate for 10 full days from when their symptoms started. The rest of the family will also need to self-isolate for 10 full days from when your child's symptoms started.

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

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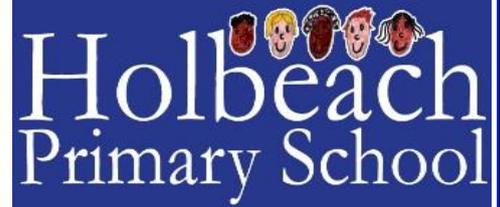
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If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

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/>

Next steps

Our priority is for learning to continue and online learning for students will start immediately, more details on this can be found on this page of our website:

<https://www.holbeach.lewisham.sch.uk/blog/holbeach/home-learning-programs-to-use-at-home/>

We know that this is a difficult time for families and thank you for your support as we work to keep our school and wider community safe.

Yours Sincerely,

Mr Bulpitt
Headteacher

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