

9th October 2020

Advice for Child to Self-Isolate for 14 Days in Year 9

Dear Parent/Carer,

We have been advised by the DFE and Public Health England that there has been a confirmed case of COVID-19 in Year 9 within the school.

We have followed the guidance and in line with the advice from the DFE and PHE your child must stay at home and self-isolate for 14 days and only return to school after the October half term break, **26th October 2020**.

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>

Home Learning

During the period of isolation our teachers will set appropriate work in line with our current curriculum, using our own bespoke materials, supplemented by a range of online resources.

Students have already been provided with their own lesson materials such as their class books and resource booklets. Students should have these materials with them and can use these as the basis for their learning from home.

Teachers will email instructions directly to students regarding work to complete at home, either on the day of the lesson with the lesson's worth of work to be completed during that day, or once at the start of the self-isolation period with sufficient work for the week. You can see your child's timetable on the Fullhurst App.

Students may be required to complete work using the hard copies of lesson materials they have been provided with, or they will be sent additional materials as

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an attachment or directed to an online resource. Wherever possible, the teacher will record part or whole of the lesson in order that students are able to hear the instructions they are being given and listen to explanations and examples. Students may also be set online quizzing tasks so teachers can monitor their work. Students are encouraged to ask questions about their work via email, and submit completed learning via email for feedback.

Where a student doesn't have access to IT, this needs to be communicated to the school. Teachers will communicate via phone conversations instead, ensuring the student knows which work to complete in the resource pack.

Free School Meals

If your child is entitled to free school meals then we will provide these for the isolation period. We will send you a message through the App about the arrangements of how to collect free school meals.

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:

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<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/>

Yours sincerely,



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