



FITZHARRYS SCHOOL

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Head of School: Mr W Speke, BA (Hons)

**14/12/20**

Dear Parents,

Today we have had a confirmed case of COVID-19 for one of our students.

The student who has tested positive is already off school as part of the year 9 bubble who are currently self-isolating. As a result, we have extended the period of isolation for these students to 10 days from last Wednesday. This was the day when the positive case was last in school. This means that the year 9 students currently working from home will come out of self-isolation on Saturday 20<sup>th</sup> December. We have also sent home two social contacts who will self-isolate until the same date.

This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness. The children who have been in close contact with the confirmed case will have received an individual letter and will be staying at home for 10 days in total. This is based on the last time the positive case was in school. The school remains open and your child should continue to attend if they remain well.

#### **What to do if your child develops symptoms of COVID 19**

If your child develops symptoms of COVID-19, they must not come to school and 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. All other household members who remain well, must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.

Further information is available at: <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 a member of your household develops symptoms of COVID 19**

It is vital that if any member develops COVID-19 symptoms, all members of the household should self-isolate until a test result has been obtained. If this is a negative result, then students in that household can return to school. If it is a positive result, then you need to let us know so we can fix a date for their return from isolation. Please do not send your child to school if someone in your household is displaying any symptoms. I have attached the Public Health England guidance for this. Please do read this carefully.

## Self-isolation

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

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- a new continuous cough
- a high temperature
- 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 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:

- 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
- wear a mask in public places such as shops and public buildings (including schools)

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Thank you for your continued support.

Yours sincerely



Will Speke  
Head of school



Artsmark  
Gold Award  
Awarded by Arts  
Council England



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