



Nunthorpe
Academy

9 November 2020

Advice to All Parents – Single Case Identified Year 8

Dear Parents / Carers

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the academy.

We know that you may find this concerning but are continuing to monitor the situation and are working closely with Public Health England. 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.

We have followed the national guidance and have identified a small number of children who have been in direct prolonged contact with the confirmed case. They will have received an individual letter and will need to stay at home to self-isolate for 14 days and return to the academy on Monday 23 November 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.

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.

We have followed the national guidance and in discussion with Public Health England have made the above decision to protect others within the community. 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>

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,

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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.

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

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/>

All students who are self-isolating are expected to complete work at home which can be accessed and submitted via Class Charts (<https://www.classcharts.com/>). If a student is part of a whole class which is self-isolating, teachers will provide a live lesson through the Zoom platform. The login details for each Zoom lesson will be in the timetable section of Class Charts. Where smaller groups or individual students are self-isolating, work will be available through Class Charts within the homework section. If you have any difficulty in logging on to Class Charts or do not have a device suitable for accessing Class Charts, please contact the appropriate pastoral team for further support. More guidance on accessing learning from home can be found on the academy website.

Yours sincerely

Kate Kell
Head of School

KK/JSO