

## Saint Mary's Catholic Primary School



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8<sup>th</sup> December 2020

Dear Y4 Parents

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

We have followed the national guidance and have identified that your children have been in close contact with the affected child. In line with the national guidance your children must now stay at home and self-isolate until and including 21<sup>st</sup> December. Your children must not return to school until 4<sup>th</sup> January 2021.

Your child should follow the Learning at Home as laid out below:

**For Year 4 here:**

<https://drive.google.com/drive/folders/1BbQbiKQqgh5WO1mByH3yZn4tAhw1amUK>

**and the Oak National Academy lessons for this week and next week here:**

<https://classroom.thenational.academy/schedule-by-year/year-4>

Class teachers will call you tomorrow (Wednesday) to check that you are able to access this content. They will also let you know what day next week they will be calling to check in on your child. As we did in the first lock down teachers will be calling 6 children a day starting on Monday 14<sup>th</sup> December. Your child should do the Kahoot quiz on Friday.

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, **including other children**, can continue normal activities provided your child does not develop symptoms within the 14-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/stayat-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

*With Christ in our hearts we grow in love to help others.*

## **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 14 days.

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.

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

## **Symptoms of COVID 19**

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

- new continuous cough and/or
- 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 or anyone in the household 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

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

Take care and best wishes

**Mr F. Marsh Headteacher**

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