

4<sup>th</sup> December 2020

**RE: Year 1 Advice to Self-Isolate for 14 Days**

Dear Parent,

**We have been advised that there has been a confirmed case of COVID-19 within the school.**

We have followed the national guidance and have identified that **your child has been in close contact with the affected child. In line with the national guidance, we recommend that your child now stay at home and self-isolate until Thursday 17<sup>th</sup> December (14 days after contact).**

We are asking you to do this to reduce the further spread of COVID 19 to others in the community. If your child is well at the end of the 14 days period of self-isolation, then they can return to usual activities on **Friday 18<sup>th</sup> December.**

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 the PHE Staying at Home Guidance <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-homeguidance-for-households-with-possible-coronavirus-covid-19-infection>

**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, 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-coronavirussymptoms/> or by phoning 111.



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## 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:

### Hands

- Wash your hands regularly and for at least 20 seconds.

### Face

- Cover your face in enclosed spaces, especially where social distancing may be difficult and where you will come into contact with people you do not normally meet.
- It is now compulsory to wear cloth face coverings on public transport, shops and several other indoor settings.

### Space

- Stay 2 metres apart where possible, or 1 metre with extra precautions in place.
- Keep your distance from people who are outside your household or support bubble.
- Limit social gatherings (including abiding by the 'rule of 6') and avoid crowded places.

### Further Information

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

**As your child is now isolating, they will be required to access their learning remotely for the time they are at home. This is not optional and children must complete their learning.**

Your child has been given all the required login details that they need. These were sent previously via email. **Please email [year1@woodlands.ealing.sch.uk](mailto:year1@woodlands.ealing.sch.uk) if you are unable to locate this.**

**Remote learning will consist of a mixture of live lessons and daily learning tasks on Google Classroom. We will soon send out your child's remote learning timetable ready for Monday.**

We understand there may be a few hiccups along the way, but we are here to support you to ensure your child's learning is a success.

Yours sincerely,



Mrs Magan & Ms Hasker  
Acting Co-Headteachers



SCHOOL MEMBER

