



Monday 14th December 2020

Dear Parents and Carers

I have been asked to forward you the information letter below. Mrs Campbell, Head of Year 10, will email students in due course with information about remote education. Provision will be made for FSM students; their Parent or Carer should contact school in the morning for further information. Please remind your daughter to check her school email account on a daily and regular basis.

Information letter for contacts from London Coronavirus Response Cell

This letter is to inform you that a student in Year 10 has tested positive for COVID-19. You have been given this letter as your daughter is deemed to have had close contact with the pupil who has tested positive for COVID-19.

In line with the national guidance your daughter should now stay at home and self-isolate for 10 days up to and including Thursday 24th December.

Other members of your household can continue normal activities provided they do not develop symptoms by Thursday 24th December.

Please see the link below to the PHE Staying at Home Guidance

<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 you develop symptoms of COVID 19 (Number of days requiring isolation may change for schools this week - please check your messages/emails for updates)

If you develop symptoms of COVID-19, you should remain at home for at least 10 days from the date when your symptoms appeared.

All other household members who remain well must stay at home and not leave the house for 10 days.

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.

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 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 you do 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

Further Information

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours faithfully

Violet Walker

Headteacher