

30th October 2020

Dear Parents/Carers,

Re: COVID -19 update

I hope that everyone has had a safe and healthy half term. Thank you to those of you who have kept up updated during the half term via admin@west-acton.ealing.sch.uk of any new COVID-19 situations.

Reminder: your child should not come to school if he/she has COVID-19 symptoms or if anyone in the house has symptoms or is awaiting a test result.

The main symptoms of COVID-19 are:

- A high temperature
- A new continuous cough
- A loss of, or change in, normal sense of taste or smell

Other symptoms may be present, but testing and public health decisions are based on these three symptoms.

Disease Course

Understanding the course of the disease can help us to reduce its spread.

There are a few key time periods that you should know about:

- Incubation period: the time when a person is infected but not showing any symptoms o For COVID-19, this is usually 5-6 days, but can be between 1-14 days
- Infectious period: the time when a person who has COVID-19 can infect others
 - For COVID-19, this is from 2 days before symptom onset, to 10 days after symptom onset
 - For asymptomatic people who test positive, this is from 2 days before the test until 10 days after

A person is no longer infectious if 10 days have passed from symptom onset and their symptoms have resolved (including being fever free for 48 hours). An ongoing cough or continued loss of taste or smell is not a sign of infection and may continue for several weeks after infection. COVID-19 tests may remain positive for up to 6 weeks. This does not mean that someone is infectious, but if their symptoms re-start they would need to self-isolate and get tested again.

We can break the chain of infection and keep protecting each other by remembering “**hands, face, space**”:

- Hands: wash your hands regularly for at least 20 seconds with soap and water
- Face: use a face covering when social distancing is not possible (not required for primary pupils in school at this moment)
- Space: try to keep your distance from those not in your household

In addition to these, key steps for schools are:

- Promote good coughs/colds hygiene practices – **catch it, bin it, kill it.**
- Clean high-touch surfaces regularly throughout the day by using normal cleaning products.

Currently, at West Acton, we are having five extra hours of cleaning across the school each day, in addition to our usual eighteen hours and are regularly using a ‘fogging machine’ to instantly clean rooms.

Contacts

A 'contact' is a person who has been in close proximity with COVID-19 and is therefore at risk of infection. As well as cases, contacts must self-isolate. Contacts are defined in the following ways:

Direct contact:

- Anyone who lives in the same household as a case
- Anyone who has had face to face contact with a case, for any length of time, including being coughed on or talked to
- Anyone who has been within 1 meter of a case for one minute or longer

Proximity contact:

- Anyone who has been within two meters of a case for more than 15 minutes
 - Anyone who has travelled in a small vehicle with a case
- Contacts of contacts do not need to self-isolate.

Generally, for us contact will be the class bubble. This means that household members e.g. parents or siblings of pupils or staff that are self-isolating because they are contacts of a case do not need to self-isolate themselves.

How will I know if there is a case of COVID -19 in West Acton?	If there is a positive COVID-19, we consult with Public Health England to ascertain the course of action needed. If action is needed for anyone other than the person with COVID-19 then first the contacts (e.g. staff and pupils needing to isolate) are contacted by letter/email/text and then a general update letter is sent to the whole school.
If your child's class is asked to isolate should your child be tested?	Your child should only be tested if he/she has COVID-19 symptoms. If you do have your child tested and it is negative, your child must still remain in self isolation for 14 days. Further information is available at: https://www.gov.uk/government/publications/covid-19-stay-at-homeguidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection
If I have more than one child in the school and one of their classes has been told to isolate - can siblings come to school? YES	When one of your child's classes has been told to isolate, your other children, siblings, are not contacts of the person who has tested positive and do not need to isolate. Please speak contact us if you have difficulty getting your other children to school. If one of your children has a positive test or is showing symptoms then all of your children must stay at home. This is the same if parents or any member of the household show symptoms – the child/children must stay home.
Whilst my child's class is self- isolating is it OK not to learn online? No, it is not optional.	The Government's expectation and therefore ours is that children must learn remotely during periods of self-isolation. Primary school pupils will need adult supervision to complete their remote learning. Parents/carers should ensure they are able to locate their child's logins and know where to find their child's year group page on our website https://www.westactonprimaryschool.org/ CURRICULUM TAB and then go to your child's year group page and follow the link for REMOTE LEARNING . Specific information will be given to the classes that are asked to isolate and further information can be seen here: https://www.westactonprimaryschool.org/pupils/remote-learning

As a school community we need to do everything possible to keep each other safe and support each other during these challenging times: respecting the Government guidelines and keeping up to date with the school communication is vital. We must all work together to ensure our children are able to continue to learn in the best and safest possible way: we look forward to your continued partnership during this time and full commitment to our school values of **courage, consideration and collaboration**.

Yours faithfully,



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