

13th December 2020

Dear Parents/Carers,

We have been advised by Public Health England that there have been a confirmed case of COVID-19 within the school for a pupil in Year 5 Elder. The class and staff have been identified as close contacts and have been advised to self - isolate.

For us at West Acton, we are very sadden at this situation however, we have, again, had a good half term period without closing any classes. This is a testimony to all our, families and staff, vigilance and consideration – thank you.

The school remains open for all other classes and your child should continue to attend as normal if they remain well. ** It is very important that you keep your child at home if ANYONE in the house has symptoms, especially siblings. It is also important to know the symptoms of COVID-19 (below), to be tested if anyone has symptoms and to note the first day of symptoms. Do not send your child in to school if you are ill with symptoms and/or are waiting for a test result. Also, please understand why we may contact you if your child is coughing in school or showing any symptoms.**

We know that this will cause anxiety for many of you, not only the isolating class, but this letter is to inform you all of the current situation within our school and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

At the time of writing the self - isolation period is still 14 days and not 10 days – today PHE said they have no official guidance of the change although it is in the media that this will change.

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.

All other household members who remain well, must stay at home and not leave the house for 14 days. This includes anyone in your 'Support Bubble'.

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, 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

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

Yours faithfully,

Karen Kondo
Headteacher

William Rollason
Chair of Governors