



11 November 2020

Dear Parents and Carers

Coronavirus (COVID-19) Guidance for Parents and Carers

Following my message on Monday, I am writing to all parents and carers to say thank you for your support and to highlight some key reminders to support all our community to stay as safe as possible. Please find attached:

- The full version of **Coronavirus (COVID-19) Guidance for Parents and Carers**
- A diagram to help guide parents - **WHEN TO SUSPECT COVID-19 IN YOUR CHILD**

What if my child's test result is positive?

If you need to report a positive COVID-19 result, please **TEXT** our **COVID-19 text number immediately** (including out of school hours/weekends) on **07975005633** giving your name, your child's name and a number we can call you back on.

- A positive result means that your child had coronavirus (COVID-19) when the test was done.
- If you get a positive result, your child must continue to isolate for 10 days from when their symptoms started.
- Anyone who lives in the household who does not have symptoms must isolate at home for 14 days. Read more about how long to self-isolate for.

Students with Covid-19 symptoms, or with family members with symptoms, must stay away from school.

The main symptoms of coronavirus (COVID-19) are:

1. **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
2. **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
3. **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus (COVID-19) have at least one of these symptoms.

If your child develops symptoms of coronavirus (COVID-19) they must not attend School.

- Contact the 24-hour absence line on: **01752 402679**, at the menu choose option 1 OR for Post 16 choose Option 2 by 09.30am, to report your child's absence from School.

- It is really important that you state clearly that your child has coronavirus symptoms. Your child's Head of Year or Assistant Head of Year will contact you to discuss the best way for your child to be tested.

Over the last month you will be aware that Plymouth and areas of our local community have seen a number of children being referred for a Covid 19 test in accordance with national guidance.

If your child has been in close contact with a confirmed case at school, we will always contact you and your son/daughter will be asked to self-isolate at home for 14 days. We are required to report all POSITIVE cases reported to the school to Public Health England and follow their advice in identifying close contact in school for the student concerned. This will be in addition to any guidance the national track and trace service will give parents when a positive case is confirmed. **Track and Trace DO NOT contact the school, they ask parents to do this.**

The advice from both the NHS and Public Health England is DO NOT try to get your child tested unless they have developed the symptoms of COVID 19. A negative test result does not mean that they can go back to school; it simply means that they had not fully developed the illness at the time of the test, and they could develop the illness at any point in the 14 days.

We understand how frustrating this can be, particularly with children during the winter months who may just be showing signs of seasonal coughs and colds.

However, it is crucial that we keep our schools open, and continue to keep our children and communities safe.

We therefore ask that you continue to follow government guidance and keep your child at home and book a test as soon as possible. You only need to get a test if your child has the symptoms listed above. If your child has these symptoms, *it is really important that you do not send them to school.* The test is best done in the first 5 days of having symptoms. A test can be arranged by applying online or calling 119.

As part of creating a Covid safe school, a key and vital element is that children must not return before the isolation period is over. Please work with your school to keep all children and young people safe.

You can also use the **NHS 111 online coronavirus service** if:

- you're worried about your symptoms
- you're not sure what to do

Call 119 if you cannot get help online.

More advice on what to do can be found here. <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

I would like to thank you again for your on-going support in ensuring we can keep our school community safe whilst we continue to prioritise the wellbeing and long-term futures of our young people. We are all aware that it remains very important for children and young people to attend school, to support their wellbeing and education and help working parents and guardians.

As a school we will continue to support all of our community and provide opportunities for additional support wherever this is needed, both educationally and emotionally.

Take care, stay safe and well.

Yours sincerely



Mr R Pearsall
HEADTEACHER