

1st April 2021

Dear Parents and Carers,

We have notified this morning that there has been a confirmed case of COVID-19 within Year 8 at our school. The student completed a lateral flow test at home after developing symptoms this morning. We have followed the national guidance and advice and have identified the students who are close contacts of the confirmed case. Their parents have been contacted and they have been sent home from school, with details of the self-isolation period as set out in the guidance.

We know that you may find this concerning, but we will continue to monitor the situation and are working closely with Public Health England to ensure that all of the necessary measures are in place. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

As you know, the health, safety and wellbeing of all of our staff and students is our absolute priority. We have put extensive measures in place to mitigate against the risk of transmission and this is a reminder that we all need to remain vigilant, both in school and in the wider community, and follow the latest Government guidance. Can I please ask that if your child tests positive for COVID at any time, even at weekends and in the holidays, that you email [covid@iscaexeter.co.uk](mailto:covid@iscaexeter.co.uk) and we will then make the necessary arrangements.

It is important that we remain sensitive in thinking of those students who were sent home and not add to their worry. We would ask, therefore, for your support in ensuring that your child refrains from sharing the news on social media, or requesting specific details of who the person may be.

Should you have any questions or concerns not answered by the information below, please email us at: [covid@iscaexeter.co.uk](mailto:covid@iscaexeter.co.uk) Please do not call the school, as we have specific teams available to answer concerns or queries which are covid specific and this is the quickest way to ensure a response. We will aim to respond to your email queries as soon as possible and ideally within the same day. If your child is going to be absent from school please use the following email address to notify us: [attendance@iscaexeter.co.uk](mailto:attendance@iscaexeter.co.uk)

### **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 10 days. This includes anyone in your 'Support Bubble'. The 10-day period starts from the day when the first person in the house became ill.

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>

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 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community. If you are able to, please 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 household isolation period.

### Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- a new continuous cough (usually with no mucus or phlegm produced)
- 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/>

Thank you for your continued support.

Yours sincerely,



Aimee Mitchell, Headteacher