



18 December 2020

Dear Parents and Carers

I am writing to advise you that a member of our school community has tested positive for COVID-19.

We know that you may find this concerning, but we are continuing to monitor the situation and following all relevant Government guidance. 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.

In line with the Government's guidance, anyone that has been in direct close prolonged contact with the confirmed case will have received a letter advising that they now must self-isolate for 10 days. The other household members of this wider group will not be required to self-isolate unless the child or staff member they live with subsequently develops symptoms.

The school remains open and your child should continue to attend if they remain well.

### **What to do if your child develops symptoms of COVID-19**

If your child develops symptoms of COVID-19, they must remain at home for at least 10 days from the date when their symptoms appeared. Your child should also be tested for COVID-19 ideally within the first five days of having symptoms, 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'.

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 10-day period starts from the day after the first person in the house became ill.

Household members must not go to work, school or public areas and exercise must 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, you are advised to 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:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a 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)
- a loss or change to your sense of smell or taste – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal

**For most people, coronavirus (COVID-19) will be a mild illness.**

If your child or anyone in the household does 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/>

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

The safety and welfare of all our staff and children remains our top priority. We continue to undertake thorough cleaning of the whole school to prevent the spread of the virus.

If you would like to speak to someone, or have any further questions, please email either Mr S Huddleston, Assistant Principal: [huddlestons@tmhs.rkt.co.uk](mailto:huddlestons@tmhs.rkt.co.uk), or Miss C Foden, Assistant Principal, [fodenc@tmhs.rkt.co.uk](mailto:fodenc@tmhs.rkt.co.uk)

Yours sincerely



Matthew West  
Principal