



Holly Lodge Girls' College

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15/10/20

Advice for Year 8 Students to Self-Isolate

Dear Parent or Carer,

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the year group bubble.

We have followed the national guidance and have identified that your child has been in close contact with the individual concerned who was last in school on Friday 9 October. In line with the national guidance your child is now required to stay at home and self-isolate up to and including Friday 23 October, **returning to school on Monday 2 November 2020. At time of writing there are ongoing discussions around an extended half term learning week during the week beginning 2 November 2020. I will write again if this is to take place.**

We are asking you to do this to reduce the further spread of COVID 19 to others in the community.

If your child is well at the end of the period of self-isolation, then they can return to usual activities. A negative test does not mean that your child can return to school earlier than the date stated above.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period.

Please see the link to the PHE Staying at Home Guidance

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared as advised in <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

You should arrange for testing for your child via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or 111.nhs.uk or primary care

All other household members who remain well must stay at home and not leave the house for 14 days.

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. 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 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:

- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, 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 NHS 111 at

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or by phoning 119.

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

- 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/>

Work for all students until the end of Monday 19 October will be set using Show My Homework. We will send out a timetable of Google Classroom lessons from Tuesday 20 October to Thursday 22 October on Monday 19 October.

1. The easiest and the quickest way of accessing your work is through the free Show My homework app for your computer and phone.

Or

2. Go to : <https://hollylodgegirls.satchelone.com/school/home>

Or

3. Go to the school's website. From here you can access the link to Show My homework from the **Student** tab.

You will need your **school username** and **password** to login to access your work. Further details about how to submit work to your teachers can be found in the Distance Learning Pupils' Guide which is also available on our website.

Yours sincerely,

Mr A Keen
Headteacher

**EXPECT
TO ACHIEVE**

