



3 December 2020

Dear Parents/Carers

Thank you for your understanding and support when the office contacted you earlier today. I do appreciate this is the last thing any of us want for your child, but obviously Public Health England are keen to take all precautions and limit any risk of transmission.

To access work, your child should be logging on through Teams and checking his/her school email. I hope that this will work smoothly but there may be glitches so please do let us know. We have dedicated a single point of contact for you and your child during this time so please ring 01823 274073 ext 3213. This will be with Mrs Jenkins.

Public Health have asked me to send the reminders at the end of this letter to help you.

We will keep in touch with you and your child regularly but please do not hesitate to contact the above number if you have any concerns or if we can help at all. We do know this will be a difficult time for your family.

Best wishes

Mrs Watson

Self isolating

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

Please note – you should not arrange for a test unless your child or a member of the household develops symptoms.

Please see the link to: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

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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. 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'.

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 to it is recommended you 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

Please see the link to the PHE 'Stay 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>

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 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/>

Home Learning

Work will be set on Show My Homework as it was during lockdown for each subject that your child has on their timetable. Students should continue to work at home for the same length of time allocated to each subject when they are in school. We suggest that students use their own school timetable to manage their day and maintain the typical structure of the school day.

However, we understand that each family's context is different so please adjust the home learning guidance as required to suit your circumstances. If you have any concerns at all, please get in touch by emailing the office at office@castle.somerset.sch.uk and we will ask your child's tutor to get in touch.

If your child has got limited access to digital learning, we send out hard copies of the work.

I understand the concern this information will cause and I once again stress the importance of parents following the guidance set out by the government. Students who are symptomatic or awaiting test results must self-isolate and not be sent to school. Please could I also ask that you reinforce with your children the importance of acting responsibly when in school and when travelling to and from school, socially distancing themselves when possible and avoiding contact with each other at all times.

Thank you all for your cooperation and understanding in these most challenging of times.