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Our Ref: INO/CDE/HT1543

## Message to all Year 7 Parents

21 September 2020

Dear Parent/Guardian

### **Re: Advice for Child to Self-Isolate for 14 Days**

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

We have followed national guidance and have identified that your child has been in the same bubble as the affected child. In line with the national guidance and extensive advice from NHS Business Services Authority, we recommend that your child stays at home and self-isolate until Friday 2 October 2020.

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 10 days period of self-isolation, then they can return to usual activities.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 10 day self-isolation period.

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>

### **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 can, 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>

**Head Teacher**  
Mr I Noble

**Deputy Head Teacher**  
Mrs A Ayre

**Assistant Head Teachers**  
Mr D Fairclough  
Mrs J Patterson  
Mrs L Pippin  
Mr S Welsh

**Telephone**  
0191 5362176

**E-mail**  
[info@boldonschool.org.uk](mailto:info@boldonschool.org.uk)

**Website**  
<https://boldonschool.com>

**Boldon School**  
New Road  
Boldon Colliery  
Tyne and Wear  
NE35 9DZ

## 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 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/>

**We will contact all Year 7 parents with regards to our remote learning plan in the next couple of days.**

Thank you for your continued support.

Yours sincerely



Mr I Noble  
Head Teacher



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