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## Advice to All Parents – Positive cases

Dear Parents,

You are aware that there are a small number of students who have tested positive for COVID in Y7, 8 & 9. As a result, an appreciable number of students are having to self isolate at home.

We have been in communication with the West Sussex Public Health team this afternoon and it has been agreed that all students in years 7, 8 and 9 will now be offered the opportunity to undertake a PCR COVID test.

Furthermore, from tomorrow, it will be the recommendation for all students to return to wearing face coverings in corridors and communal areas where social distancing cannot be maintained. There will be no requirement for students to wear face coverings in classrooms for the time being.

In addition, and in order to minimise potential further disruption in school, we would like to recommend that all students conduct their twice weekly lateral flow tests on either Sunday evening or Monday morning and then again on Wednesday evening or Thursday morning. It is equally important to log the results of these tests on the government's [Report a Covid test result website](#). Reporting results, even if they are negative helps the NHS to track the levels of infection in the area. If the result is positive, your child should not attend school and [you must arrange a PCR test](#). Please contact the school regarding the absence in the usual manner.

The government recommends that other family members also carry out lateral flow tests and you can find [information about ordering kits here](#).

The children who have been in close contact with those who have tested positive for coronavirus (COVID-19) have received a letter informing them that their child must stay at home for 10 days.

The school remains open and your child should continue to attend as normal 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 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 a PCR test (the normally available test type) 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'.

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 household isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms) and the next 10 full days. This means that if, for example, your 10 day isolation period starts on the 15th of the month, your isolation period ends at 23:59 hrs on the 25th and you can return to your normal routine.

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, 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**

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

- a new continuous cough
- 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/>

Yours sincerely

**Edward Rodriguez**

Headteacher