



believe & achieve

Advice for Child to Self-Isolate for 14 Days

11.12.20

Dear Parent,

Further to our text message this morning, we are writing to update you with regards to a positive case of COVID-19 at Poltair School.

Your child holds a bus pass for the POL110 which the student who has tested positive travels on too. We have spoken with Public Health England this morning and have been advised to request all of the students who travel on this bus to self-isolate. This is a cautious approach to try and reduce the impact of this affecting the Christmas period, something we know that many people will be concerned about.

In line with the national guidance **your child must stay at home and self-isolate** up to and including **Tuesday, 22nd December**. This means that your child should not leave the house during this time.

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: 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 .

People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority.

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>

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.

It is essential that if your child tests positive for COVID-19 whilst self-isolating, you inform the school. This can be done via the email address safeguarding@poltair.cornwall.sch.uk We request that this happens irrespective of it being a weekend of school holiday as we have a duty of care to inform those who may have been a close contact.

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/>

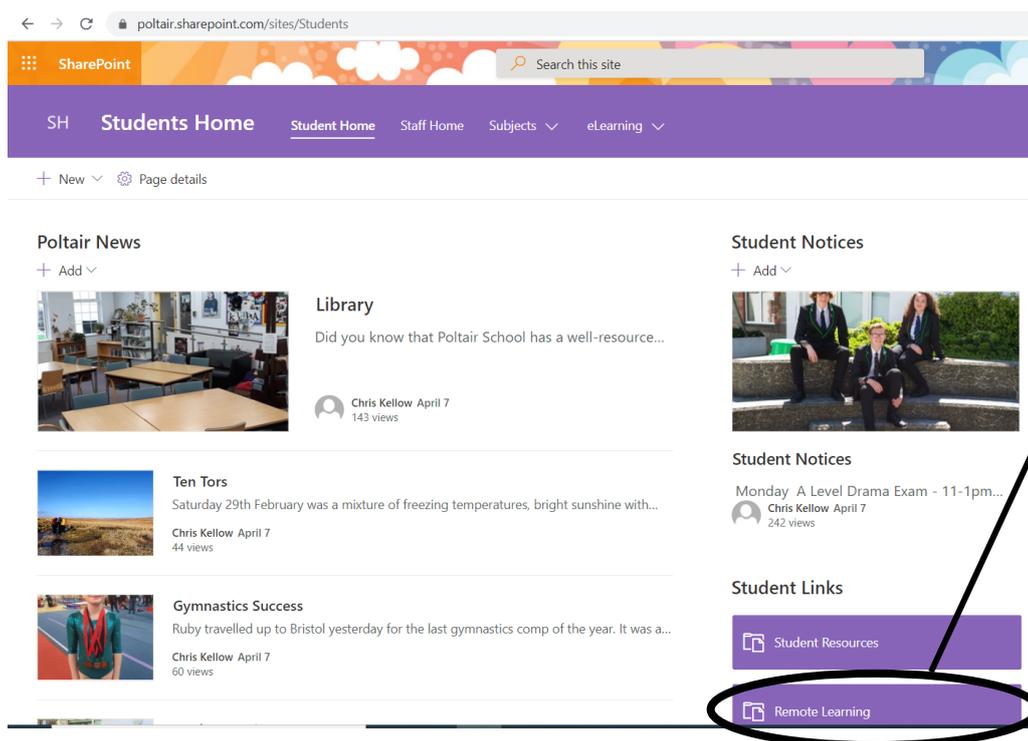
Providing work for your child to complete whilst self-isolating

It is essential that whilst self-isolating, students continue with their learning. We expect all students to be completing the work set by teachers for each period of their timetable missed through self-isolation.

Teachers will set work via Class Charts for students who are self-isolating. This will be titled, Remote Learning for Students who are Self-Isolating.

To access remote learning, students will need to log in to Microsoft Office 365 (www.office.com) using their school log in details. Once logged in, the students will need to go to 'Student Home' (as shown on the next page)

Once logged in to the Student SharePoint



1. Click on **'Remote Learning'**
2. In this folder, subjects are listed
3. Follow the normal timetable and click on the folder for the subject
4. Then click on the 'Year'
5. Then click on the 'Overview' which will direct you to the work to be completed.

Staff have set work that can be accessed via mobile phones as well as tablets/PCs as we appreciate that not everyone has access to devices. In addition to this, we will send paper resources home for any students who require hard copy resources. If you have any questions about how to access work or encounter any barriers when trying to attempt the work, please email your child's tutor or class teacher who will be happy to help. Email addresses can be found on our school website.

We thank you for your support during this challenging time. Working together to protect each other is important and we appreciate your understanding.

Yours sincerely

Mark Everett
Head of School