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16<sup>th</sup> March 2020

Dear Parents,

In the light of advice from government and Public Health England (PHE), we want to assure you that we are responding to COVID 19 in a sensible and measured way.

If your child is showing signs of illness, specifically;

- a high temperature
- a new, continuous cough,

then the advice from the NHS is to stay at home and self-isolate for 7 days.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Any absence due to this illness will be authorised. If your child is not ill, but is absent from school, the absence will not be authorised. We cannot make this decision for you, but advise you to phone 111 if you need any specific or further advice.

If you have think you might have the COVID-19 please go to <https://111.nhs.uk/covid-19>

Current guidance for those needing to self-isolate can be found at <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

You should:

- try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
- ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them
- sleep alone if possible
- regularly wash your hands with soap and warm water for at least 20 seconds
- try to stay away from older people and those with long-term health conditions
- drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms

Please remember, for self-isolation, you should not leave the house for the entire 7 day period.

All trips and activities will be risk assessed as they arise and a decision made as to whether they go ahead.

Many thanks to you all for maintaining a sensible and measured approach. We will continue to follow the advice for PHE and central government and will inform you of any changes as they occur.

Kind regards



Heather Haines

Interim Executive Headteacher