

10th March 2021

FOR PARENTS/CARERS OF YEAR 10 STUDENTS

Advice for Child to Self-Isolate for 10 Days

Dear Parent/Carer

This letter has been distributed by hand to the Year 10 students during period 5 today and it is also being sent via SIMS InTouch.

The testing programme today has identified some positive cases of COVID-19 in Year 10 at Budmouth Academy.

We have followed the national guidance and been in communication with the Department for Education and Public Health England (PHE). Following a risk assessment, we have been advised to close Budmouth Academy to all Year 10 students and they are being instructed to remain at home and self-isolate for 10 days. They are not required to take any further action unless they develop symptoms, or feel unwell. It is very unfortunate that we have had to take this action so soon after returning, however, it is in the best interests of our school and wider community that we do so.

The 10 day period will end on Monday 22nd March. In the circumstances, we will use **Monday 22nd March to conduct the 3rd test of our Year 10 students**. A timetable for testing on Monday 22nd March will be sent home next week. We hope this will enable all students to **return to the school for face to face lessons on Tuesday 23rd March**. Remote learning will be in place for the period of time the students are not able to attend in person.

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

The following information has been recommended to be shared with all parents/carers as a reminder.

For more information, please see the 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 coronavirus (COVID-19)

Having been identified as a close contact, if your child then develops symptoms of coronavirus (COVID-19), they should remain at home for at least 10 days from the date when their symptoms appeared. Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia). Anyone with symptoms will be eligible for a PCR test - this is the type of test that is normally available and can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

People who do not have symptoms or have not tested positive using a Lateral Flow Device should not request a PCR 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 10 days. This includes anyone in your 'Support Bubble'.

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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. If that is not possible, anyone with symptoms should try and stay as far away as possible from vulnerable members of your household.

For more information, please read PHE's '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>

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 coronavirus (COVID-19) spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- 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/>

Thank you for your continued support.

Yours sincerely



David Herbert
Principal