



Herne Bay High School

Specialist Sports College

Bullockstone Road, Herne Bay, Kent CT6 7NS
☎ 01227 361221 ✉ principal@hernebayhigh.org



07.12.20

Dear Parents/Carers,

Advice for your Year 12 Child to Self-Isolate

We have been advised today (Monday 7th December) that there has been a confirmed case of COVID-19 within the Year 12 bubble.

As a result of this positive case, we have worked with Public Health England (PHE) and the Department for Education throughout the day and have identified that your child **has been in close contact** with the affected case. If your child was NOT in school site on Monday 30th, Tuesday 1st or Wednesday 2nd December please contact the school via the 6th form office.

In line with the national guidance and advice received from the PHE, your child must now **stay at home** and self-isolate until **Wednesday 16th December**. Please note that the number of isolation days is determined by the DfE and Public Health England.

Your child must not go to school, to any part-time job or any public areas: **your child must remain at home.**

Additionally, we have made the decision that as we break for the Christmas holidays on Friday 18th December at 12:00 midday – which is just a day and half after the point where Year 12 can return to school, that it would be prudent for your child to continue with their virtual learning throughout the entire week beginning 14th December. **As such your child will return to school after the Christmas holidays on Tuesday 5th January.**

Further details of what your child needs to do are in NHS Guidance:
<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/nhs-test-and-trace-if-youve-been-incontact-with-a-person-who-has-coronavirus/>

We are asking your child to do this to reduce the further spread of COVID 19 to others in the community. If you need support with isolation, please contact your local Council.

Unless currently isolating themselves, other members of your household, other than your Year 12 child, can continue normal activities provided your child does not develop symptoms within the self-isolation period. If your Year 12 child has any siblings, they should continue as normal and continue to attend school.

If your child is well at the end of the period of self-isolation, then they can return to usual activities.



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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 testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirustest> or by calling 119.
- If your child develops symptoms of COVID-19, please inform the school immediately.
- If your child develops symptoms of COVID-19, 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.
- If your child develops symptoms of COVID-19, 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, 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.
- Further information is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stayat-home-guidance-for-households-with-possible-coronavirus-covid-19infection>

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.



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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 COVID19:

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

Yours sincerely,

Jon Boyes
Principal