



Herne Bay High School

Specialist Sports College

Bullockstone Road, Herne Bay, Kent CT6 7NS

☎ 01227 361221 ✉ principal@hernebayhigh.org



13.11.2020

Dear Parents/Carers,

Advice for your Year 10 Child to Self-Isolate for 14 Days

We have been advised that there has been a confirmed case of COVID-19 within the Year 10 bubble.

As a result of this positive case, we have worked with Public Health England and the Department for Education and have identified that your child has been in close contact with the affected case.

In line with the national guidance your child must now **stay at home** and self-isolate until **25th November 2020 when they can return to school.**

Your child must not go to school or any public areas: **your child must remain at home.**

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-in-contact-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.

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

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-coronavirus-test-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.



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- 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-19-infection>

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:

- 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/>



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In term of your child's learning

During your child's period of isolation, your child's teachers will be delivering live online lessons using Microsoft Teams as per your child's normal timetable, as such they will be expected to access all their virtual classes for each day that they are in isolation, thus they will have 6 virtual lessons a day – these Microsoft Teams lessons can be accessed via a computer, tablet or phone.

In addition, your child will also be expected to access their morning and afternoon mentor times each day at 0835 and 1500 via Microsoft Teams. Registers will be taken for mentor times and every lesson just as they would be if your child were physically in school.

Please note that these live online mentor times and lessons will commence on Monday 16th November – and as such your child will be expected to attend their online mentor time at 0835 on Monday 16th November and then attend all subsequent online lessons. However, for today (Friday 13th November) your child should access the resources that their teachers have prepared for them that are located within Teams.

I am sure you will agree it is vital that your child's learning is not compromised by this period of isolation and I am sure you will support your child and the school in ensuring that they access all their online mentor times and lessons whilst they are in isolation.

Yours sincerely,

Jon Boyes
Principal