



Science

LANGUAGE  
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# Urmston Grammar

A Science and Language  
College with Academy  
status



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VAT Registration Number: 120 1656 61

20<sup>th</sup> May 2021

## Case of COVID-19 in school

Dear Parents/Carers,

This week there have been several confirmed cases of COVID-19 within the school. Some of these have been identified through the use of lateral flow devices for self-testing, so please help to keep our school community safe by supporting your son/daughter to self-test twice a week.

We know that you may find this concerning, but we are continuing to monitor the situation and are working closely with Public Health England. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

The small number of students who have been in direct prolonged contact with the confirmed case have already received a 'Self-Isolation' letter and will be involved in remote learning for 10 days.

The school remains open and your child should continue to attend if they remain well.

### 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.

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'.

Further information is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

The 10-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.



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Headteacher: Mrs R S Wall  
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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.

## 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 several things your son or daughter can do to help reduce the risk of getting ill with COVID-19.

Please can you reinforce these messages with them.

- Wash hands with soap and water often during the school day – for at least 20 seconds.
- Use hand sanitiser gel if soap and water are not available.
- Wash hands as soon as they get home.
- Cover their mouth and nose with a tissue or your sleeve (not your hands) when they cough or sneeze.
- Place used tissues in the bin immediately and wash their hands afterwards.
- Continue to use the lateral flow devices to self-test twice a week; students should not come to school if the test is positive – please alert the school office and arrange for a PCR test.

## Further Information

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

Yours faithfully,

Mrs R S Wall  
Headteacher



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