



Science

LANGUAGE COLLEGES

ACADEMIES

Urmston Grammar

A Science and Language College with Academy status



Urmston Grammar, Newton Road, Urmston, Manchester M41 5UG

email: office@urmstongrammar.org.uk

Telephone: 0161 748 2875

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Fax: 0161 747 2504

VAT Registration Number: 120 1656 61

12th October 2020

FOR PARENTS OF CLOSE CONTACTS OF STUDENT WITH COVID 19 AT URMSTON GRAMMAR

Advice for student to self-isolate for 14 Days from date of last contact

Dear Parent/Carer,

As you are aware we have been advised that there has been a confirmed case of COVID-19 within Year 9. We have followed the national guidance and have identified that your child has been in close contact with the affected child. In line with the national guidance, your son/daughter will now stay at home and self-isolate until Wednesday 21st October 2020 (this is 14 days since your child potentially had contact with the student who has tested positive). Your son/daughter should return to school on Thursday 22nd October if they do not have symptoms of COVID-19.

We are asking you to do this to reduce the further spread of COVID 19 to others in the community. Your child should follow these guidelines.

<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>

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

Students will be set work for the self-isolation period as part of our Tier 1 remote learning contingency plans, which were shared with you earlier this term <https://www.urmstongrammar.org.uk/remote-learning-contingency-plans/>

Work will be posted on SMH each day during the isolation period – students should expect to complete work from their timetabled lessons each day.

For students who are self-isolating and are fit to study:

Teaching staff will ensure quality remote learning tasks are available for each student within 24 hours of the missed lesson. These will be communicated to the student via Show My Homework and/or school email. The nature of this work may include:

- A pre-recorded lesson/narrated powerpoint.
- Live streaming a lesson that is taking place in school through MS Teams.
- Utilising other pre-made video lessons from external organisations.
- ? On occasion 'normal' independent work such as research or written tasks may also be appropriate.



Specialist Schools and Academies Trust
EXCELLENCE AND DIVERSITY

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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 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 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.

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 and can, 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.

Please see the link to the PHE '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>

Symptoms of COVID 19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

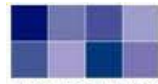
If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> 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 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/>

If you have any questions or concerns you can contact me by emailing me through the school office office@urmstongrammar.org.uk.

Yours faithfully,

Mrs R S Wall
Headteacher



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