



CARLETON HIGH SCHOOL

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FOR PARENTS/CARERS OF CLOSE CONTACTS OF COVID-19 AT CARLETON HIGH SCHOOL

Advice for Child to Self-Isolate

Dear Parent/Carer,

It has been brought to our attention today, Thursday, 29 October 2020 that there has been a confirmed case of COVID-19 within the school.

We have followed the national guidance, after being in contact with Public Health England and have identified that your child could be classed as being a 'contact' with the affected child. This is due to their potential proximity to them. **This means in line with the national guidance we recommend that your child now stay at home and self-isolate until Saturday, 7 November 2020 (14 days after contact). This means your child will return to school as normal on Monday, 9 November 2020.**

We are asking you to do this to reduce the further spread of COVID-19 to others in the community.

If your child is well at the end of the 14 days period (after contact) of self-isolation, then they can return to usual activities.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period. This includes any siblings that may attend Carleton High School in a different year group.

Please see the link to: 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>

Remote Learning for Self-isolating Students

As a school we are committed to ensuring that all students continue to access a high quality education when they are self-isolating.

All students who are required to self-isolate will receive 'hybrid' lessons. In essence, this means that any student who needs to self isolate, but is currently fit and well, will be able to use Google Classroom to securely log in to their regular timetabled lesson, to participate in a live feed from

their own teacher with their own class.

Your child will continue their normal timetable online from, Monday 2 November 2020. All lessons, including tutor time, will be delivered online.

- All live, online lessons will run through Google Classroom classes at the usual timetabled time, apart from Core PE. Tutor Group sessions will also run from 9am daily and it is expected that students are present and logged on from this time. All students have checked their Google Classroom logins this term.
- Once students have signed into Google Classroom, and clicked on the online classroom for each of their subjects, they will be able to access their live, online lesson at the normal, timetabled time. This will be a 'hybrid' lesson, where the regular lesson in school is broadcast live to students at home. Students will be able to ask questions of the teacher via the 'chat' function in Google Meet, and their teacher will be able to see them on their screen when they wish to check in with them, or ask direct questions.
- Students should join their class by clicking on the "Meet" link, which can be found in the colourful class banner on each individual classroom page, or if using a mobile device, clicking the camera icon above the class banner. The meet link will also be posted in the comments section of each class. Please note, the "Meet" link will only be available when the lesson is due to start and the teacher has started the session, so students should wait for this to appear at the allotted time.
- Core PE will not be running live online lessons but will be putting additional tasks on Show My Homework for students to attempt.
- Additional support on how to log on to Google Classroom can be found on the Remote Learning page of the website, including a "How to" guide for hybrid lessons.

<https://carletonhigh.patrust.org.uk/remote-learning/>

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, 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 NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> 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

Do

- 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/>

Yours faithfully,



Mrs J Cross
Headteacher