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Thursday, 03 December 2020

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 AT HERON HALL ACADEMY, YEAR 8

Advice for Child to Self-Isolate for 14 Days

Dear Parents and Carers,

I am writing to inform you that today, Thursday 3rd December, we were notified that there has been 1 confirmed case of COVID-19 within Heron Hall Academy.

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 child must stay at home. The student in question was symptomatic over the weekend and has not been in school since. Therefore your child must self-isolate until Monday 14th December.

If your child is well at the end of the 14 days period 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.

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

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 .

People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority. 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 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

COVID-19 Symptoms

If your child is well now, they do not need any specific treatment. However, you should be vigilant for any symptoms of COVID-19 infection and where these are observed seek a test.

The common symptoms of COVID-19 are:

- a high temperature, and/or
- a new continuous cough
- loss of sense of taste or smell

If you, or anyone in your family, has these symptoms now or in the future, arrange to have a test as soon as possible, stay at home for 10 days from when your symptoms started, even if you are mildly unwell. All other members of your household will need to self-isolate for 14 days. This is to protect others in your community. Do not go to a GP surgery, pharmacy or hospital. If you or your child become very unwell, then contact NHS 111 for advice.

Testing for people with symptoms is available and more information can be found here:

https://www.gov.uk/get-coronavirus-test

Precautions

- There are things you can do to avoid catching or spreading coronavirus
- Wash your hands with soap and water often – do this for at least 20 seconds
- When you leave your home, always wash your hands when you return
- Use hand sanitiser gel if soap and water are not available
- 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

Try to avoid close contact with people who are unwell

Online Learning During this Period

We will revert to online learning for these students during this period. Students should continue to follow their timetable during this time and will use Google Classroom to access their learning. They need to use the following steps to continue their learning during this time:

1. Students should log onto Google Classroom for their specific subject at their lesson time.
2. Students should click on the link for Google Meets. Please see below for an example of this.



3. Students should wait for the teacher to invite them to join and listen to any instructions given. Teachers will deliver a 15 to 20-minute live introduction to the lesson to ensure that students are confident in their understanding.
4. Students should complete the work set on Google Classroom either in their books or directly on Google Classroom as instructed.

Keeping our children and families, staff and local community safe is our priority. It is vital that we follow government guidance and the advice from the local Public Health England Health Protection Team. We realise that you may have questions about the situation; if this is the case, please email office.heron@chat-edu.org.uk. Please note that we will not be able to discuss any details relating to the individual case but will do our best to answer any general questions that you may have as promptly as we can.

I will continue to update you as appropriate.

Mr. A. Barzey
Head Teacher
Heron Hall Academy