



# Thomas Alleyne's High School

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Headteacher: Mrs J Rudge

Telephone: 01889 561820

E.mail: [office@tahs.org.uk](mailto:office@tahs.org.uk)

Website: [www.thomasalloynes.uk](http://www.thomasalloynes.uk)

Thomas Alleyne's High School

Dove Bank

Uttoxeter

Staffordshire

ST14 8DU

Our Ref: JR/JCT

3<sup>rd</sup> October 2020

Dear Parent,

## **Advice for Child to Self-Isolate for 14 Days from 28<sup>th</sup> September**

We have been advised this morning (03 October) by Public Health England that there has been a confirmed case of COVID-19 within the school. The student is in Year 11 and was last in school on 28<sup>th</sup> September.

We have followed the local authority and national guidance and have identified that your child has potentially been in close contact with the affected individual. In line with the national guidance we recommend that your child begin their isolation on receipt of this letter and they now stay at home and self-isolate until 12<sup>th</sup> October. We understand that you may find this concerning please reassure your daughter/son that for most people coronavirus will be a mild illness.

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 of self-isolation (12<sup>th</sup> October), then they can return to usual activities. Please note that the point that they could have come into contact with the student who has tested positive was 28<sup>th</sup> September when they were last in school and so this will hopefully mean that they only need to miss 5 school days. We have notified you at the earliest possible moment.

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 the PHE Staying 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>

## **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 .

If your child does develop symptoms of Covid 19 please inform the Thomas Alleyne's High School by ringing 01889 561820 or emailing [office@tahs.org.uk](mailto:office@tahs.org.uk).

All other household members who remain well must stay at home and not leave the house for 14 days.

The 14-day period starts from the day when the first person in the house became ill.

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

## **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/>

Whilst your daughter/son is self-isolating we will be setting work on Teams for them to complete. If you have any questions, please contact me at [headteacher@tahs.org.uk](mailto:headteacher@tahs.org.uk)

Thank you for your continued support at this difficult time.

Yours sincerely

Mrs J Rudge  
Headteacher