



ORMISTON DENES ACADEMY

15th January 2021

Dear Parent/Carer

We have been advised by Public Health England that there has been a confirmed case of COVID-19 of a student who attends Ormiston Denes Academy. We have worked closely with the Local Health Protection Team and followed all of their advice. This letter is to inform you of the current situation and provide advice on how to support your child.

As a school, ensuring the health, safety and wellbeing of our students, staff and the wider school community has been our absolute priority. As a result, we have closely followed all Government guidance and have implemented all possible safety measures and protocols to ensure everyone's safety and to limit the transmission of any virus.

The school remains closed, except for those who are eligible, whom, providing they remain well they can continue to attend school. We will keep this under review.

The students and families of those who are now self-isolating have already been informed, and will be accessing remote learning from home to limit any disruption to their education.

I completely appreciate and understand that there are already some inevitable anxieties, given the current circumstances we find ourselves in. However, I would like to reassure you that we are doing all we can to ensure everyone's safety and will be continuing to closely follow and implement advice from the experts to maintain this.

It is important that students, staff and the wider school community remain vigilant and continue to uphold the various safety protocols in place both within school but also when out in the wider community.

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 ten days from when the symptoms began, and you should arrange for them to get a test. All other household members should stay at home and not leave the house for ten days. 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.

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 to, 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.

You do not need to self-isolate if your test is negative, as long as:

- Everyone you live with who has symptoms tests negative.



@OrmistonDenes



/OrmistonDenes

Yarmouth Road, Lowestoft NR32 4AH

www.ormistonden.es.co.uk

Tel: 01502 574474



- Everyone in your support bubble who has symptoms tests negative.
- You were not told to self-isolate for 10 days by NHS Test and Trace.
- You feel well – if you feel unwell, stay at home until you're feeling better.
- If you have diarrhoea or you're being sick, stay at home until after 48 hours of the last episode.

If you are isolating because you have been contacted by NHS Test and Trace or because you are required to under public health measures, you must continue to isolate for 10 days even if you receive a negative test result.

Symptoms

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

- New continuous cough and/or
- high temperature,
- 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 or anyone in the household does develop symptoms, you can seek advice from NHS 111 at:

<https://www.nhs.uk/conditions/coronavirus-covid-19/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.

If there are any further updates we will inform you immediately, but if you have any questions or queries please do not hesitate to contact the academy and we will be able to support.

Thank you once again for your ongoing support and understanding – it is greatly appreciated.

Yours faithfully



Jim Nixon
Principal