

# Newburgh CE Primary School

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Headteacher: Mrs R. Fowler



Date 17<sup>th</sup> July 2021

## FOR PARENTS OF CLOSE CONTACTS OF COVID-19 – YEARS 5 & 6

### Advice for Child to Self Isolate

Dear Parents and Carers of Pupils in Venables (Years 5 & 6)

We have now received confirmation of a case of COVID-19 within your child's class.

We have followed the national guidance and have identified that your child has been in close contact with the case. In line with the national guidance, your child must stay at home and self-isolate until and including Sunday 25<sup>th</sup> July (10 days after contact). This also means that your child cannot attend other activities and events outside of your home for this period of time. This period of isolation remains a legal requirement and 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 10 day 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 10 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.gov.uk/get-coronavirus-test-or-by-calling-119>



All other household members who remain well must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.

The 10 day period starts from the day when the first person in the house became ill. Household members should not go back 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 and family. Alternatively you can order your shopping online and medication by phone or online.

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 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>

## 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/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:

- 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/>

Mr Dilworth will provide a programme of curriculum enrichment for pupils next week and will send details via Purple Mash. An end of year Worship via Zoom will take place at 10am on Monday for which details will be sent via Purple Mash. The Year 6 Leavers Worship will be on Tuesday at 9.15 via Zoom and you will be sent details of this via Purple Mash.

Kind regards



**Rebecca Fowler**  
**Headteacher**

