



# Monkhouse Primary School

Pennygate Spalding Lincs PE11 1LG

Tel: 01775 722006 / 766300

Website: [www.monkhouse.lincs.sch.uk](http://www.monkhouse.lincs.sch.uk)

Email: [admin@monkhouse.lincs.sch.uk](mailto:admin@monkhouse.lincs.sch.uk)

6 January 2021

## Advice to All Parents regarding COVID-19

Dear Parents/Carers

We have been made aware of some members of our school community who have tested positive for COVID 19.

The parents of children who have been in close contact with the individuals who have tested positive have received a letter regarding this and we have informed the relevant agencies and acted swiftly on their advice.

We know that you will find this concerning and we are continuing to monitor the situation and are working closely with the appropriate agencies. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

The school remains open to vulnerable children and key/critical worker children in the classes not affected.

I must emphasise that pupils **MUST NOT** attend school if they experience any COVID-19 symptoms, **no matter how mild**.

## What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, they must not come to school and 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 10 days. This includes anyone in your 'Support Bubble'. Further guidance is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>



The isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms, whether this was an LFD or PCR test), and the next 10 full days. This means that if, for example, your 10 day isolation period starts on the 15th of the month, your isolation period ends at 23:59 hrs on the 25th and you can return to your normal routine.

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 10 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
- 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 is available at

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

Yours sincerely

*Sue Goodsell*

Mrs S Goodsell  
Headteacher

