



# Northfield St. Nicholas Primary Academy

St Margaret's Road, Lowestoft, Suffolk, NR32 4HN

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Headteacher: Mr. I. W. Owens



Deputy Headteacher: Mrs. J. Catchpole

Deputy Headteacher: Mrs. T. Freeman

Date: 04/10/2020

## FOR PARENTS/CARERS OF CLOSE CONTACTS OF COVID 19 AT NORTHFIELD ST NICHOLAS PRIMARY ACADEMY. (Year 2 and Year 6 children)

### Advice for Child to Self-Isolate for 14 Days

Dear Parent/Carer,

We have been advised by Public Health England that there have been two confirmed cases of COVID-19 within the school.

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, children in Year 6 and Year 2 must stay at home and self-isolate until Thursday 15th October 2020. They cannot attend school. They will return to school on Friday 16th October. This is how we safeguard them and help prevent the spread of Covid19. This affects all children and staff in these classes and any staff who have been deemed as meeting the criteria of being in contact with the affected child/ren.

If your child is well at the end of the 14 days period of self-isolation, then they can return to usual activities.

If you have other children at the school, in other year groups, they continue with their education at Northfields as normal. We look forward to welcoming children in EYFS (Nursery and Reception), Year 1, Year 3, Year 4 and Year 5 on Monday 5th October as normal. These children should attend school unless they have symptoms.

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**

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*The Northfield St Nicholas way !*

Learning Leadership Enjoyment Responsibility Inspiration Inclusion Integrity





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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; i.e.. testing should only take place if you or your family member are symptomatic.

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>

## 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)

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## For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> 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/>

I acknowledge these are unfamiliar times, be reassured that we will do our utmost to offer help and guidance that the DfE and Public Health England provide. Thank you for patience and understanding, it is appreciated.

Yours sincerely  
Mr I W Owens  
Headteacher

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