



Orchard Vale Community School,
Westacott Road, Whiddon Valley,
Barnstaple, Devon EX32 8QY
T: 01271 375074
E: orchardvale@ventrus.org.uk
W: ovschool.co.uk

June 2021

Dear Parent/Carer,

It is crucial that, as a community, we are aware of the re-emergence of Coronavirus in our area and we do all we can to protect ourselves and others. Can you please support our community by reminding you and your child(ren) of the importance of good hygiene, hand washing and being aware of the symptoms. Please do not send your child into school if they are feeling unwell.

Please call the school office to report **all** school absences on 01271 375074. We ask that all parents to children who attend from the Nursery and Little Seeds Baby Unit through to Year 6 inform us as soon as possible of absent children.

We will continue to monitor cases locally and respond as appropriate and will continue to keep parents informed through our weekly letters or additional messages home.

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 a PCR test (the normally available test type) and this can be arranged via

<https://www.nhs.uk/ask-for-a-coronavirus-test-or-by-calling-119>.

If you receive a negative result to the PCR test your child can return to school.

Please note: A PCR test is the test that your child will need to have carried out, a Lateral Flow test is not sufficient.

All other household members who remain well, must stay at home and not leave the house for 10 days unless a negative PCR test result is received. This includes anyone in your 'Support Bubble'.

Further information 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 household 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) 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, 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

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

- a new continuous cough
- a high temperature
- a loss of, or change in, your 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 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 is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

If your son/daughter develops any symptoms or receives a positive coronavirus test result please DO NOT send them into school, keep them isolated at home and telephone the school to update us regarding the absence.

Thank you for your continued support in controlling the virus and protecting each other.

Kind regards



Mrs Pearce

Headteacher