

Wednesday 18th March 2020

Advice from Public Health England – Covid 19

Dear Parents and Carers,

Advice on Self-Isolation:

The advice from Public Health England is as that if you have either of the following symptoms you need to stay at home and not bring your children to school:

- A high temperature – you feel hot to touch on your chest or back (above 37.8 degrees)
- A new, continuous cough – this means you've started coughing repeatedly

If you have the symptoms you need to self-isolate for 7 days. If anyone in your household develops these symptoms the rest of the household must self-isolate for 14 days. Please follow this guidance in order to keep the school community safe. Any absences of this nature will be constituted as authorised absence from school.

Advice on Social Distancing:

Social distancing should now be put in place for the following vulnerable groups:

- Anyone aged 70 or older (regardless of medical conditions)
- Adults under 70 with an underlying health condition listed below (ie. anyone instructed to get a flu jab as an adult each year on medical grounds):
 - chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
 - chronic heart disease, such as heart failure
 - chronic kidney disease
 - chronic liver disease, such as hepatitis
 - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
 - diabetes
 - problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
 - a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
 - being seriously overweight (a BMI of 40 or above)
 - those who are pregnant

The following advice has been given by the Government in order to carry out social distancing measures.

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19).

- These symptoms include high temperature and/or new and continuous cough;
2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible;
 3. Work from home, where possible.
 4. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
 5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media.
 6. Use telephone or online services to contact your GP or other essential services.

Therefore, if anyone in your house identifies with any of the criteria above, it is recommended that your child does not attend school for a period of 12 weeks.

The school is also in the process of compiling some additional resources to support learning that will be sent out in due course. **Please ensure that a current email address has been provided to the office in order to receive this.**

Accessing support from other organisations while your child is off school:

Please find below a list of useful websites that are also available to support you at this time:

<https://southwark.foodbank.org.uk/>
<https://southwark.foodbank.org.uk/locations/>
<https://www.trusselltrust.org/get-help/find-a-foodbank/southwark/>
<https://www.pecan.org.uk/southwark-foodbank>
<https://www.cschub.co.uk/>
<https://southwark.foodbank.org.uk/get-help/foodbank-vouchers/>

We acknowledge and understand that this is a very difficult time for families and members of staff and we want to do all that we can, within the guidance we receive, to support the school community and work together.

Thank you for your continued support,

Carol Askins
Headteacher