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Wednesday 30th June 2021

FOR PARENTS/CARERS OF CLOSE CONTACTS OF COVID 19 (Year 2 Bubble)

Nightingale Infant and Nursery School

Advice for your child to self-isolate until 23:59 on Friday 9th July 2021

Dear Parents and Carers of Goldfinch and Woodpecker classes,

We have been advised that there is an extremely likely case of COVID-19 within the Year 2 bubble. Your child has been identified as a possible close contact with the infected person and so should now isolate until the date and time shown above. We are awaiting the result of a PCR test but have been advised from the Outbreak Management Team that this should be treated as positive with the information we have. If the PCR test confirms this is negative, we will notify you and confirm the reopening of the bubble.

I appreciate this is a challenging time with parent's work commitments and transition activities beginning for the children. We are in communication with the Junior School due to the children still needing to isolate next Friday, missing the planned transition day. We will let you know if alternative arrangements can be made as soon as we can.

The Outbreak Team have advised parents book their child in for a full PCR test at a testing centre as soon as possible. While not mandatory, parents are being asked 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 this period of self-isolation, then they can return to usual activities including **returning to school on Monday 12th July**. Other members of your household can continue normal activities provided your child does not develop symptoms within this self-isolation period.

Please see the link to the PHE Staying at Home Guidance for more information:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Following our remote learning policy, activities can be found on our school website to keep children busy until Friday. **Online learning through Seesaw will begin on Monday 5th July.**

Children in Nursery, Reception and Year 1 can continue to attend school as normal, unless anyone in the household develops symptoms (see below). Please could I remind you that children isolating are not permitted on the school site when dropping off/collecting siblings. If you do not have alternative childcare arrangements and/or are not able to buddy up with another parent, will we support collecting children from the school gate and taking them to their class.

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, you should arrange for a test if you haven't already and inform the school.

Information on testing is available via the links below or by calling NHS 119. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

<https://www.justonenorfolk.nhs.uk/test-trace>

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/>

<http://www.nnuh.nhs.uk/our-services/covid-19-testing-key-workers/>

All other household members must also stay at home and not leave the house for 10 days. The 10-day period starts from the day when the first person in the house became ill and then 10 full days following this. Household members should not go to work, school or public areas and exercise should be taken within the home.

By household members staying at home for 10 days you will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able you should, 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.

Further information on isolation is available here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

If their test is negative, they must continue their 10-day period of self-isolation as a close contact but the other household members can return to their normal routine.

If their test is positive, they will need to self-isolate for at least 10 days from when their symptoms start.

It is important that you let us know if your child is isolating for any reason other than being identified as a close contact by us to help us to take the right precautions at the setting. Please do so as soon as possible using the information provided above.

Symptoms of COVID 19

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

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If your child or anyone in the household 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

- Follow the guidance on social distancing
- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser 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/>

Yours sincerely

Mrs Sarah Hutt

Head of School