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Dear Parent and Carers

It has been wonderful to welcome everyone back to Cawston CE Primary Academy this week. We appreciate your support of our school and your help in making this week such a positive one. Thank you for keeping to the staggered start times and entrances which has ensured a steady flow for families arriving and leaving the school site.

I wanted to give you an update on how we are managing since opening and also to remind you of important information regarding what to do if you or your child develops symptoms of COVID-19.

We have been pleased that our re-opening for all pupils has gone to plan. Although there was, understandably, some anxiety for the start, this was soon replaced by plenty of smiling faces and an attendance of 98%.

Across the country there are schools that have had to deal with suspected or confirmed cases of Coronavirus (COVID-19), and you may have seen examples in the news. It is important to stress that we have had **no confirmed cases within our Cawston Primary community at this point**. However, we must continue to be vigilant. If we do get a confirmed case we will be following the latest advice so that everyone who needs to know is informed, and the Test and Trace process kicks into action.

We are monitoring pupils and staff at school and keeping contact with families at home if anyone is absent due to illness. While there are the normal colds and coughs which circulate in our school population, we must collectively make sure we take careful note of relevant advice and take the proper action if any symptoms are spotted.

The information on the following pages has been provided by Norfolk Local Authority and we are sharing it with you, with some points specific to Cawston Primary so that you are reminded what we all need to do if a potential Covid-19 case arises.

Kind Regards

Kay Swann
Headteacher



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

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. We would also recommend getting a test as soon as possible. Information on testing is available via the links below:

<https://www.iustonenorfolk.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 who remain well must stay at home and not leave the house for 14 days.

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.

By household members staying at home for 14 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 your child is isolating due to developing symptoms themselves, or due to the household being in isolation or being identified as a close contact please let us know as soon as possible by ringing the school office on 01603 871249. This will help us to take the right precautions at school.

Symptoms

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)

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