



25 August 2020

Dear Parent or Carer,

I hope you and all of your loved ones remain safe.

As we approach the start of term, I would like to take this opportunity to warmly welcome your child back to school in what remains a challenging scenario.

As you will agree, this will be an incredibly important time in school for everyone in making headway in your child's learning. We would very much welcome your support in helping your child(ren) through this period, in attending school regularly.

The UK Chief Medical Officer, Professor Chris Whitty has said, "The chances of children catching COVID-19 and then getting long-term serious problems as a result of it solely due to going to school are incredibly small. They're not zero, but they're incredibly small.

"The chances of many children being damaged by not going to school are incredibly clear and therefore the balance of risk is very strongly in favour of children going to school because many more are likely to be harmed by not going than harmed by going, even during this pandemic."

Professor Whitty has signed a joint statement with the UK's chief and deputy chief medical officers that said transmission in schools did occur but it was not a "common route".

The statement reinforces the need to maintain social distancing and good infection control inside and outside classroom settings, particularly between staff members and between older children and adults.

With this in mind, I would very much like to ask for your support in adhering closely to the specific time of drop off and collection, social distancing, together with supporting your child at home in completing any homework tasks on time.

In our schools, we have taken many precautions to minimise the risk of infection, including increased hand hygiene, separating and maintaining class groups as 'bubbles' throughout the school day, and increased school cleaning regimes. We aim to deliver a near full curriculum, allowing time for catching up in foundation subjects. This delivery will be dependent on maintaining a full cohort of teaching staff within school, which we very much hope for.

Public Health England does not recommend the use of face masks or coverings by staff or pupils when they are in school. Pupils will not be prevented from wearing a face covering in school, but they must adhere to the correct procedure in wearing and removing it, to reduce risk to others. Pupils should not wear gloves.

## Feeling unwell

Pupils, parents and carers are reminded that if they, or anyone in their household, or any close contacts are feeling unwell/ exhibiting symptoms of COVID-19, however mild (typically a new continuous



Nishkam School Trust  
www.nishkamschool.org  
Nishkam School Trust registered in England –  
Company No. 7522245  
Registered Office: NST Head Office,  
Great King Street North, Birmingham, B19 2LF





# nishkamschooltrust



cough, fever, or loss of or change to normal sense of smell or taste) they **must not** come to school, and **must** follow the government's 'Stay at home guidance' for households.

## Reminder of absence reporting

If your child is going to be absent due to illness, please follow your school's absence reporting procedure and clearly state the reason for your child's absence. Unless you have made it clear that absence due to illness will be for more than one day, please contact the school on each morning of your child's absence. If a pupil is forced to stay at home because of self-isolation, rather than an absent code, they will be marked with an X in our registers: 'attendance prohibited by any legislation relating to transmission of COVID-19'. This does not impact upon a pupil's attendance statistics.

I have also included information from the NHS about when and how to self-isolate. Please take your time in familiarising yourselves with this as this remains crucial to containing COVID-19.

We, in our schools, remain vigilant with cautious optimism for this coming term and remain very grateful for the messages of support received from many of you. Please positively encourage and prepare your child in returning to school. In the lead up to returning, adjusting your child's body clock by establishing early sleep routines and waking at an appropriate time. If returning to school is creating significant anxiety for child, please contact your child's the school directly.

Yours sincerely

Dr Brinder Singh Mahon OBE

Chief Executive Officer  
Nishkam School Trust



Nishkam School Trust  
[www.nishkamschool.org](http://www.nishkamschool.org)  
Nishkam School Trust registered in England –  
Company No. 7522245  
Registered Office: NST Head Office,  
Great King Street North, Birmingham, B19 2LF





## SELF-ISOLATION INFORMATION

### When to self-isolate

Self-isolate immediately if:

- Your child or a member of the household have any [symptoms of coronavirus](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- You or your child has tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or has tested positive
- someone in your support bubble has symptoms or has tested positive
- [you're told by NHS Test and Trace that you've been in contact with a person with coronavirus](#)

### How to self-isolate

You must not leave your home if you're self-isolating.

### Don't:

- Do not go to work, school or public places – work from home if you can
- Do not go on public transport or use taxis
- Do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- Do not have visitors in your home, including friends and family – except for people providing essential care
- Do not go out to exercise – exercise at home or in your garden, if you have one

### Get a test if you have symptoms

If you have symptoms, get a test to check if you have coronavirus as soon as possible.

The test needs to be done in the first 5 days of having symptoms.

### When to get a test

#### Do not wait

If you have symptoms, get a test as soon as possible. You need to get the test done in the first 5 days of having symptoms.

- Book a visit to a test site to have the test today. Or order a home test kit if you cannot get to a test site.

- On days 1 to 4 of your symptoms, you can get tested at a site or at home. If you're ordering a home test kit on day 4, do it by 3pm.

- On day 5, you need to go to a test site. It's too late to order a home test kit.

If you are not able to get a test in the first 5 days of having symptoms, you and anyone you live with must stay at home ([self-isolate](#)). Anyone in your support bubble must also stay at home.

### Tell people you've been in close contact with that you have symptoms

You may want to tell people you've been in close contact with in the past 48 hours that you might have coronavirus.





## What does close contact mean?

They do not need to self-isolate unless they're contacted by the NHS Test and Trace service. But they should take extra care to follow [social distancing advice](#), including washing their hands often.

If they get any coronavirus symptoms, they must self-isolate and [get a coronavirus test](#) as soon as possible.

## **How long to self-isolate**

If you have symptoms or have tested positive for coronavirus, you'll usually need to self-isolate for at least **10 days**.

You'll usually need to self-isolate for **14 days** if:

- someone you live with has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you've been told by NHS Test and Trace that you've been in contact with someone who has coronavirus

## **Get an isolation note for your employer if you're unable to work**

If you need to self-isolate, you can get an isolation note to send to your employer as proof you need to be off work. You do not need to get a note from a GP.

