



20th September 2020

Dear Parent,

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the school. Given the increasing infection rates in Birmingham, and indeed other parts of the country, this will not be a surprise to any of us. The pupil and family remain well.

As per our protocols, based on Department for Education and Public Health England (PHE), the class 'bubble', will be asked to self-isolate.

We have identified that your child has been in close contact with the affected child. In line with the national guidance we recommend that your child now stay at home and self-isolate until 29th September. Please note that the pupil in question, has been off school for over 7 days already, with a positive test result only just having been confirmed. Therefore, only a further 7 days of self-isolation is required.

We are asking you 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.

Other members of your household can continue normal activities provided your child does not develop symptoms within this coming further 7-day self-isolation period.

Please see the link to: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

We are continuing to monitor the situation together with PHE, however it is inevitable that there are likely to be more cases in the school community

Nishkam Primary School

3-11 Soho Road, Handsworth, Birmingham B21 9SN

T: 0121 647 6890

www.nishkamschool.org

Interim Head Teacher: Mrs G. Kaur

Principal: Mrs D Westwood

Nishkam Primary School is a part of the Nishkam School Trust | Chief Executive Officer: Dr B. S. Mahon Company Number: 7522245 | Registered Office: Nishkam School Trust, Head Office, Great King Street North, Hockley, Birmingham, B19 2LF



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over the coming weeks and months, reflecting the infection rates locally in Birmingham, and in other schools.

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. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119 .

All other household members who remain well must stay at home and not leave the house for 14 days. This includes anyone in your 'Support Bubble'.

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. 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 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community

If you are able can, 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

Please see the link to the PHE 'Stay at Home' Guidance:

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

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Symptoms of COVID 19

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

- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, 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 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

- 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
- Remain socially distanced at all times including pick up and drop off. Please consider wearing a mask at these times.

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Further Information

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

Yours sincerely

Mrs D Westwood and Mrs G Kaur

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