



nishkamschool
west london



Dear Parent or Carer,

26th August 2020

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 school, we have taken many precautions to minimise the risk of infection, including increased hand hygiene, separating and maintaining class groups, half-year groups or year 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 core subjects. This delivery will be dependent on maintaining a full cohort of teaching staff within school, which we very much hope for.

In light of yesterday's government announcement regarding the use of facemasks for Secondary pupils, the Trust's Schools are discussing the matter today and will send out further communication over the next two working days.

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Nishkam School West London 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



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 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 either telephone the School reception on 020 3141 8760 before 8am, where you can leave a voicemail on the absence line. Please ensure you state clearly 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 telephone on each morning of your child's absence, before 8am. If a pupil is forced to stay at home because of self-isolation, rather than an absence 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 it remains crucial to containing COVID-19.

We at school 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 let us know.

Yours sincerely,

T. Cragg

Mr T Cragg
School Principal

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.