

## COVID TEST CENTRE ~ IDEA STORE

The Idea Store in Watney Market is now being used as a Covid-19 test centre for seven days a week. It is good to have such a vital facility in the local community. At the same time, it is also important to take proper precaution, particularly around the test centre to protect yourself and others around you.

The school is requesting parents to follow the government's guidance at all times with particular attention to the following:

- Do not have unnecessary contact with people - friends or otherwise.
- Always follow good hygiene rules - washing hands, using tissue, covering the face.
- Avoid non-essential shopping around Watney Market and if possible, leave children at home.
- If possible, take a different walking route so that you or your children are not touching things around the test centre.

If you or a member of your household need testing, then kindly keep your contact with other people to a minimum. Also inform the school at the earliest opportunity by telephone.

## SEASONAL COLD AND FLU

It is normal for children to have a cold/flu during winter months. If your child's temperature is more than 38°C, please seek medical advice. 36-37°C is normal body temperature and they should be at school.

## PARENT HUB ~ MESSAGING SERVICE

Please download the app for the Parent Hub Messaging Service on your phone. This will ensure that you receive any messages sent from school, particularly in an emergency.

Kindly do not use Whatsapp and other social media for school related matters. Allow the school to spend time and resources for teaching the children rather than wasting its valuable resources.

## LEARNING TO LIVE WITH COVID

Those who were waiting for 'it all to settle' will now recognise that we have to learn to live with Covid for the foreseeable future. There is no need to panic or be concerned that we may now be entering the 'second wave'. However, it is important that we are always alert and take the necessary precautions to protect ourselves and others. Parents need to follow government guidelines and also do the following to protect the school community:

- Avoid driving if you live within 3 miles to the school. A good 30 minutes walk is good for your health.
- Always maintain social distancing ~ especially when dropping or collecting children from school.
- Refrain from talking to other parents outside the school gates in small groups.
- Follow good hygiene rules - wash hands, use tissue, cover face, and wash clothes more regularly.
- Please follow the school rules - kindly avoid using your mobiles on the school premises.

**If your child has:  
a runny nose, is sneezing or  
feeling unwell  
But they don't have:  
a high temperature  
a new, continuous cough, or  
a loss of, or change in,  
sense of smell or taste**

**These are  
not normally symptoms of  
coronavirus**

**Seek advice from a pharmacy, dial  
111 or see your GP**

## FACE COVERING

Many parents have asked the school to request all parents to wear a face covering when dropping and collecting their children from school. We will be implementing this from Monday 28 September.



**If your child has:  
a high temperature  
a new, continuous cough, or  
a loss of, or change in, sense of  
smell or taste**

**This could be a sign of  
coronavirus**

**Book a test**

## DEALING WITH COVID SYMPTOMS

As cases of coronavirus rise across the country it is important to know what to do if your child is feeling unwell and/or showing any symptoms of coronavirus.

Main symptoms of coronavirus are:

- ❖ a high temperature (38°C or above)
- ❖ a new continuous cough
- ❖ a loss of, or change in, normal sense of taste or smell (anosmia)

If your child develops symptoms of COVID-19, they must not come to school and 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/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/> or by calling 119.

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.

For most people, coronavirus (COVID-19) will be a mild illness. If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home to stay with family or friends for the duration of the home isolation period.

## HOW TO STOP COVID SPREADING

There are things we can do to protect ourselves and those around us from Covid. Below are the most effective measures that we can take to safeguard ourselves and those around us.

- Wash 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 hands before coming to school and as soon as you get home.
- Cover mouth and nose with a tissue or the sleeve (not your hands) when you cough/sneeze.
- Put used tissues in the bin immediately and wash hands afterwards.
- Maintain good social distancing when dropping or collecting your child.
- Avoid having face-to-face discussions with other parents and have social discussion on the phone.
- Follow the one-way system outside the school and encourage others to do the same.

## YOUR SUPPORT AND UNDERSTANDING

Given the developments of the past two weeks, it is possible that all schools will have cases of coronavirus. Whilst the school will be working hard on the preventative measures, we will need to prepare pupils for the possibility that Bigland Green will also have cases in the weeks ahead. It is important that we do so with a sense of proportion and perspective, based on facts and formal advice, without alarming children or making them unduly afraid.

**FOR MOST PEOPLE, CORONAVIRUS WILL BE A MILD ILLNESS. IT IS A DANGER TO THE VERY FEW WHO ARE VULNERABLE OR HAVE UNDERLYING HEALTH ISSUES.**

We are requesting parents to make the time to listen and talk to their children. Please acknowledge that it is OK to be concerned. Talk about the dangers but also about how we can stay safe. Avoid sensational messages and let them know the facts.

We are also requesting parents to embrace the reality and be mindful about rumours and twisted information. Parents who use social media will need to be extra careful as false information can spread very quickly.

Your school will need your full support. Be fully ready to give that support so that Bigland Green can continue to provide great learning to your children.

## SOCIAL MEDIA & PARENTS

The school is again requesting parents not to use social media for school matters. Valuable school time is wasted dealing with enquiries resulting from parental use of social media. The time that would have been used to support children's learning is often wasted dealing with anonymous emails and telephone calls.

Sometimes social media groups include individuals who are not a parent in this school. Messages can sometimes contain information which in the wrong hand compromise children's safety. Please be mindful that we have people amongst us who have mental health issues and those who are not suitable to be around children. The school strongly advises parents to leave any such groups to protect our children.

Quote for  
the Week

**"Your attitude determines your direction"**



# Test and Trace

23 September 2020

Dear parents and guardians,

This is an important letter to share some information on how we can work together to make sure we can continue to give children and young people the best education in the safest way possible.

One important part of ensuring the safety and wellbeing of pupils, parents and our communities is testing for coronavirus. We all have a duty to make sure that the right people have access to get tested at the right time. Every time a test is used inappropriately, a person with Covid-19 symptoms may miss out on getting tested.

Therefore, I ask that you all follow these principles:

- You should only book a test if your child has any of these three coronavirus symptoms:
  1. **a high temperature:** any new high temperature where your child feels hot to touch on their chest or back (you do not need to measure the temperature)
  2. **a new continuous cough:** coughing a lot for more than an hour, or three or more coughing episodes in 24 hours
  3. **a loss of, or change in, sense of smell or taste:** a noticeable loss of smell or taste or things smell and taste different to normal
- Your child **does not need a test** if they have a runny nose, are sneezing or feeling unwell but do not have a temperature, cough or loss of, or change in, sense of smell or taste because these are not normally symptoms of coronavirus.
- If you are unsure about whether to get a test, please check the official list of symptoms on the NHS website, which is reviewed regularly:  
[www.nhs.uk/conditions/coronavirus-covid-19/symptoms/](http://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/)
- Only the person with symptoms should get a test. You do not need to get a test for anyone else in the household unless they also have any of the three symptoms listed above. All members of the household need to self-isolate whilst waiting for the test result.

- If the person with symptoms' test comes back positive, other members of their household should continue self-isolating for 14 days and **only get a test if they develop coronavirus symptoms.**
- If a pupil in a class or bubble tests positive for coronavirus, anyone who is advised to self-isolate **does not require a test unless they subsequently develop symptoms.**

No one else in the same class or bubble as the symptomatic person needs to take any action unless advised by the school. Schools have detailed guidance and access to a Department for Education and Public Health England helpline for advice and support.

Contacts of a person who has tested positive must follow the guidance carefully and in full, which means they must stay at home for 14 days. This is because it can take several days following contact with an infected person before an individual develops symptoms or the virus can be detected. Students should only book a test if they get symptoms.

The NHS has produced some guidance to help parents understand when their child can and cannot attend school which you may find useful: <https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/>

It is vital for children's learning and future opportunities that they are able to return to school and college. It is therefore vitally important that all we work together and do our bit to make this possible.

Yours sincerely,



**Professor Viv Bennett CBE**

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