

Aspiration  
Respect  
Endeavour

Alderton Hill, Loughton, Essex IG10 3JA  
t: 020 8508 1173 e: office@rodingvalley.net  
www.rodingvalley.net  
Headteacher: Mrs S Jenner  
Chief Executive Officer: Mr P Banks



Roding Valley  
HIGH SCHOOL

Dear Parents and Carers,

Today, we have been made aware of a member of our school community in Year 8 who has tested positive for COVID 19. The child has not been in school since Thursday 15th October 2020 and developed symptoms at the weekend.

We know that you may find this concerning but we are continuing to monitor the situation and are working closely with Public Health England. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

Following advice from Public Health England and following our internal procedures, we have sent our Year 8 'bubble' home today to self-isolate whilst we investigate and identify all close contacts of the individual who has tested positive for coronavirus (COVID-19). Parents in Year 8 have received a letter informing them of this and we would hope to return students not identified as being close contacts later this week.

Unless a Year 8 parent is notified that their child can return to school, their child will now self-isolate for 14 days, please refer to the details we have sent in the letter. This letter also provides information from PHE regarding siblings. I have also had to send home three members of staff to self-isolate who were deemed to be close contacts.

For all other Year groups, the school remains open and your child should continue to attend school as normal.

### **What to do if your child develops symptoms of COVID 19**

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/ask-for-a-coronavirus-test> or by calling 119. Please contact us immediately if you take the decision to self-isolate due to symptoms.

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'.

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

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, 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.

## **Symptoms**

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

- a new continuous cough
- a high temperature
- a loss of, or change in, your 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 the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> 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

### **Further Information**

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

Yours sincerely



Sharon Jenner  
Headteacher