

Aspiration  
Respect  
Endeavour

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Roding Valley  
HIGH SCHOOL

14<sup>th</sup> December 2020

Dear Parents and Carers,

Today and over the weekend, we were made aware of 3 students who have tested positive for COVID-19 in Years 7, 11 and 12. All the students had been in school last week and were all asymptomatic. They have received positive test results as part of the mass testing now in operation in secondary schools in Essex. This was detailed in the letter I sent to you on Friday from Public Health England and a reflection of the rising rate of transmission in the local area.

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.

Following advice from Public Health England and following our internal procedures, we have contacted all parents of the year groups concerned and are this morning operating our track and trace protocols. Students in these year group bubbles who are identified as a close contact will remain in self-isolation but the students who are not identified will return to school later this week. I will keep parents updated as per the individual letters.

Please do ensure that the school is contacted, should your child receive a positive result.

You should contact the school by ringing the office during school hours or email on [COVID@rodingvalley.net](mailto:COVID@rodingvalley.net) You **must** provide the following:

- Name of your child,
- Date of symptoms starting,
- Names of students that are in close friendship groups from outside their classes including clubs attended (but only those they spent time with in school in that 48 hour period preceding the test or symptoms )

This letter also provides information from PHE regarding siblings.



## **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 **10 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 10-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 10 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/>

I also attach our letter regarding the end of term which can be found on the website [letter](#)

Yours sincerely



Sharon Jenner  
Headteacher