

Aspiration  
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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

Tuesday 15th December 2020

## FOR PARENTS OF YEAR 9 - POSITIVE CASE OF COVID 19 at Roding Valley High School

### Advice for Child: Self-Isolate for 10 Days

Dear Parent or Carer,

We have been made aware today (Tuesday 15th December) that we have a confirmed positive case of coronavirus (COVID-19) at Roding Valley High School in Year 9. The child who tested positive did not have any symptoms. They undertook a test as a result of the Government scheme to mass test all school children in the local area, which I wrote to you about on Friday. The child took the test on Sunday, has tested positive and was in school on Friday.

As soon as we were made aware this morning, we ensured that there was no further mixing of the Year group bubble with other members of the school community. We have taken the advice of Public Health England, and following our internal policy, will send all of the Year 9 bubble home to self-isolate whilst we identify the child's close contacts. It is important to note that it will only be those identified as close contacts that will need to remain in self-isolation.

**This therefore is our notice to you that at 9:20am, we will be sending Year 9 home as previously agreed in this [letter](#). A text has already been sent to all Year 9 parents.**

In line with the national guidance, your child may need to stay at home and **self-isolate until 20th December** (10 days after possible contact from the Friday).

The last day that this student was in school was Friday 11th December 2020. We will need to implement all track and trace protocols for the 2 days preceding the test. We need to establish all close contacts, but can I make it clear that it is only the child's close contacts, once identified, who will need to continue self-isolating beyond today. **We will inform you whether your child is a close contact later today, and if your child is not identified as a close contact, then they will return to school on Wednesday 16th December.**

**We will update you later today.**

For today, your child should access their school work via the online google classroom virtual platform.

If your child is well at the end of the 10 days' period of self-isolation, then they can return to other usual activities.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 10-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>

It is not necessary for siblings in other year groups to isolate unless your child develops symptoms.

Can I remind you of the [end of term arrangements](#)

Yours sincerely

A handwritten signature in blue ink, appearing to read 'S Jenner', written in a cursive style.

Mrs S Jenner  
Headteacher

## 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 .

People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority.

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'.

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 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>

### 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 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/>