

Frettenham Primary School
Hainford Primary School
Horsford Primary School
Old Catton Junior School
White Woman Lane School
St. Faiths' Primary School



Nebula
where stars are born

Ashley Best-White
Executive Headteacher

16 March 2020

Dear Parents

In the light of advice from government and Public Health England (PHE) we want to assure you that we are responding to Covid 19 in a sensible and measured way.

If your child is showing signs of illness, specifically

- a high temperature
- a new, continuous cough,

then the advice from the NHS is to stay at home and self-isolate for 7 days.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Any absence due to this illness will be authorised. Please ensure in the case of your child being in self-isolation, that your child does not leave the house to protect them and the wider community. This does mean you cannot then bring them to school to drop off or collect other children.

If your child is not ill, but is absent from school, the absence will not be authorised. We cannot make this decision for you, but advise you to phone 111 if you need any specific or further advice.

If you think you might have the Covid-19 please go to <https://111.nhs.uk/covid-19>

Current guidance for those needing to self-isolate can be found at;

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

You should:

- try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
- ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them
- sleep alone if possible
- regularly wash your hands with soap and warm water for at least 20 seconds
- try to stay away from older people and those with long-term health conditions
- drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms

Please remember, for self-isolation, you should not leave the house for the entire 7 day period.

Can we also insist that all children bring their own water bottle each day. All water bottles should be clearly labelled with your child's name.

If you would like to send your child in with hand sanitiser as an additional measure, then please ensure this is labelled with their name so it can be kept securely in the classroom. All classes will have boxes of tissues available. These will be used and binned. Cleaning staff will empty these daily as well as cleaning and sanitising door handles etc.

All trips and activities will be risk assessed as they arise and a decision made as to whether they go ahead.

If the government decides to close schools it will be announced on the news – we only have the same information as you at the moment. Staff are currently preparing work for your children should the government decide to close the schools. Further details will be provided about the learning tasks and how to access them if and when necessary.

Many thanks to you all for maintaining a sensible and measured approach. We will continue to follow the advice from PHE and central government and will inform you of any changes as they occur. We welcome parents' continued understanding at this difficult time.

Kind regards,

A handwritten signature in black ink, appearing to read 'Ashley Best-White', with a long horizontal stroke extending to the right.

Ashley Best- White
Executive Headteacher
The Nebula Federation.