



Blackfen School for Girls

Raising aspirations - releasing potential

Headteacher Matthew Brown BA(Hons) DMS(Ed)

Blackfen School for Girls,
Blackfen Road,
Sidcup, Kent.
DA15 9NU
T: 020 8303 1887
E: admin@blackfen.bexley.sch.uk
www.blackfenschoolforgirls.co.uk

This letter is being sent by email and is being placed on the school website. Please note that parents of all students directly affected have been notified by letter

15th December 2020

Single case in Year 11

Dear Parents/Carers,

We have been made aware that a member of our school community have tested positive for COVID 19. **All affected students have been sent home and parents have been contacted by letter. If you have not received a separate letter advising that your child is required to self-isolate, this does not affect you.**

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.

The small number of children who have been in close contact with the individuals who have tested positive for coronavirus (COVID-19) will receive a letter informing them that their child must stay at home and self-isolate for a period of time.

The school remains open and your child should continue to attend as normal if they remain well.

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 the PHE Staying 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>

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.

All other household members who remain well must stay at home and not leave the house for 10 days.

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.

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 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, 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 NHS 111 at

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> 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

Hands

- Wash your hands regularly and for at least 20 seconds.

Face

- Cover your face in enclosed spaces, especially where social distancing may be difficult and where you will come into contact with people you do not normally meet.
- It is now compulsory to wear cloth face coverings on public transport, shops and several other indoor settings.

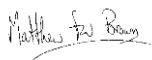
Space

- Stay 2 metres apart where possible, or 1 metre with extra precautions in place.
- Keep your distance from people who are outside your household or support bubble.
- Limit social gatherings (including abiding by the 'rule of 6') and avoid crowded places.

Further Information

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

Yours sincerely,



Matthew Brown
Head Teacher

