



HEDINGHAM SCHOOL AND SIXTH FORM

ACHIEVEMENT & EXCELLENCE

OFFICIAL SENSITIVE

4 December 2020

As you are all aware, this has been a challenging week at Hedingham School. Over the last two days we have had further confirmation of positive cases within the school, involving staff and students. We have established the links between the cases and have identified the close contacts.

The school remains open for all students but we are monitoring the situation on a daily basis. This has been discussed with the Essex Contact Test and Trace Team, including the safety measures that we have in place.

Please be reassured that for most people, Coronavirus (Covid-19) will be a mild illness.

Precautions in school

We have clear precautions in place in the school and the vast majority of students have been excellent in following these. Clearly the increase in cases makes it even more important that every member of the community meets these expectations. As a reminder, students should:

- wash 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 hands as soon as you get home
- cover mouth and nose with a tissue or sleeve (not your hands) when coughing or sneezing
- put used tissues in the bin immediately and wash hands afterwards

As you are aware, students are expected to wear face coverings indoors (unless exempt) when moving around the school site. They should also be sure to follow the other guidelines on movement around the school site to reduce risk of transmission, including the one-way system and use of outside routes.

What to do if a student has coronavirus symptoms

It is essential to self-isolate at home and book a coronavirus test if a student develops one or more of the main coronavirus symptoms:

- a high temperature
- a new, continuous cough
- the loss or change of their sense of taste or smell

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. There is no need for their households to have a test, unless they are also symptomatic.

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'. 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.

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.

Further information is available at:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possiblecoronavirus-covid-19-infection>

What to do if you are told to self-isolate

If you are told to self-isolate, you should remain at home for 14 days. You do not need to get a COVID-19 test unless you develop symptoms. It is possible to test negative for COVID-19 whilst the virus is in its incubation stage, which can be up to 14 days. Therefore, if you are told to self-isolate, you must self-isolate for 14 days no matter what.

During self-isolation, remote learning, delivered through Microsoft Teams, will be provided and the school will be in contact with families with further details where this is the case.

Be careful, but stay calm

It is quite natural that news of a confirmed cases of COVID-19 in our school community will cause some additional anxiety. However, we have clear systems in place and we are aware that students and staff are doing all they possibly can to protect themselves and each other.

Informing the school about a positive Covid-19 Test

During out of school hours and weekends please use the following email address to report a positive case: covidreporting@hedingham.essex.sch.uk We will then contact you as soon as possible to discuss the specific details.

Please be assured that, working in partnership with the Essex Contact and Trace Team, we are doing all we can to ensure we all stay safe, and keep the school open as normal.

Thank you for your ongoing support.

Yours sincerely



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Headteacher

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