

Dear Varndean families

Coronavirus update 23rd October

Today we have been advised of a confirmed case of coronavirus within school and a further group of students will need to self isolate as a result. All of these families have been contacted separately.

Work for self isolating students can be found in the offsite learning documents (linked at the end of this email) and students should refer to their google classrooms for further detail and to upload the work completed.

Discussions with our public health colleagues have reassured us that this is an isolated case and they have also confirmed that there is no need for further action from the rest of the student body beyond the steps laid out in the letter from Public Health England which is included again below.

If this case raises questions for you please address these to the Varndean School address so they can be collated for response by the appropriate staff.

Please don't forget you can find all of our previous correspondence on our website [here](#).

Kind regards

Gareth Hughes
Deputy Headteacher

PHE letter

We have been advised by Public Health England that there has been a confirmed case of COVID-19 within the school.

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 individual who has tested positive for coronavirus (COVID-19) have received a letter informing them that their child must stay at home for 14 days **from the last point of contact**.

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

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.

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'.

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 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.

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 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.

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/>

Offsite Learning Documents

For **Year 7** click [here](#)

For **Year 8** click [here](#)

For **Year 9** click [here](#)

For **Year 10** click [here](#)

For **Year 11** click [here](#)

Safeguarding and school base contacts

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Our safeguarding team will be contactable **during school hours** if you would like advice on an issue or wish to report a concern.

safeguarding@varndean.co.uk

Vicky Anstiss (Designated Safeguarding Lead) - vickyanstiss@varndean.co.uk

Kerry Tester - (Safeguarding Officer) - kerrytester@varndean.co.uk

To access safeguarding advice (outside school hours) please contact Front Door for Families

Phone: 01273 290400 9am to 5pm Monday to Thursday, 9am to 4.30pm on Fridays

Out-of-hours: 01273 335905 (Emergency Duty Service)