



# Newsletter



Dear Parents / Carers,

We come to the end of a week where we have had four year groups isolating and learning from home. Eleven confirmed cases of COVID-19 in our children and two members of staff in the last three weeks.

We are doing everything we can here in school to ensure that the outbreak is contained and that children and families are safe. Unfortunately, we know of children who should have been isolating being seen cycling in Ramsbottom, playing in Chatterton Park, having a coffee in Costa or going for a haircut. If the rules of self-isolation are not followed outside of school, all our efforts in school are compromised. ***I have included isolation guidelines on the reverse of this newsletter.***

Next week, we welcome back Year 4 & Year 5 on Monday 21<sup>st</sup> and Year 2 & Year 6 on Tuesday 22<sup>nd</sup>. I sincerely hope that all classes will be back and that there will be no more cases. I am in a meeting this afternoon with Dr Sakthi Karunanithi, Director of Public Health - Lancashire, to explore ways in which schools experiencing an outbreak can implement enhanced control measures & testing. There may be a communication about this following the meeting.

The new variant seems to spread much more easily and the symptoms may simply be 'feeling unwell', 'a headache' or an 'upset tummy'. Latest findings are that symptoms are being mistaken for hay-fever – including itchy eyes. Rossendale has one of the highest infection rates in the country. Because of all these things, we need to repeat the following messages:

- 1) **Please wear a face mask when entering school grounds.**
- 2) **Please keep your child at home if they are feeling at all unwell.**
- 3) **If anyone in your family has a cough, temperature, loss of taste or smell, an upset tummy or a headache which lasts longer than usual, and even 'hay-fever' symptoms – get them to take a COVID test & follow the latest isolation guidelines.**
- 4) **Continue to wash hands regularly, wear a face mask and keep your distance.**

*Stay Well*

To receive this Newsletter by email, simply contact [head@stubbins.lancs.sch.uk](mailto:head@stubbins.lancs.sch.uk).

*Mr. J. Danson*

## When to self-isolate and what to do

### What is self-isolation?

Self-isolation is when you do not leave your home because you have or might have coronavirus (COVID-19).

This helps stop the virus spreading to other people.

Self-isolation is different to:

[social distancing](#) – general advice for everyone to avoid close contact with other people

[shielding](#) – advice for people at high risk from COVID-19

### Information:

It's a legal requirement to self-isolate if you are told to by NHS Test and Trace. You could be fined if you do not self-isolate.

### When to self-isolate

Self-isolate immediately if:

- you have any [symptoms of COVID-19](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for COVID-19 – this means you have the virus
- someone you live with has symptoms or tested positive
- someone in your childcare or support bubble has symptoms and you've been in close contact with them since their symptoms started or during the 48 hours before they started
- someone in your childcare or support bubble tested positive and you've been in close contact with them since they had the test or in the 48 hours before their test
- you've been told you've been in contact with someone who tested positive – [find out what to do if you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app](#)
- you have arrived in England from abroad (not including Ireland, the Channel Islands, the Isle of Man or other parts of the UK) – see [GOV.UK: how to quarantine when you arrive in England](#)

### How to self-isolate

You must not leave your home if you're self-isolating.

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one