

*together we aspire,  
we discover,  
we excel*

# Lordswood Girls' School

Lordswood Girls' School  
Knightlow Road  
Birmingham  
B17 8QB

Tel: 0121 429 2838  
Facsimile: 0121 429 4840

Email: [lgs-enquiry@lordswoodtrust.co.uk](mailto:lgs-enquiry@lordswoodtrust.co.uk)

Headteacher: Mrs. J. Götschel B.A, MEd.

5<sup>th</sup> October 2020

## **Advice for Child to Self-Isolate for 14 Days**

Dear Parent/Carer,

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

We have followed the national guidance and have identified that your child has been in close contact with the affected individual. In line with the national guidance we recommend that your child now stays at home and self-isolates until 15<sup>th</sup> October 2020.

We are asking you to do this to reduce the further spread of COVID-19 to others in the community.

If your child is well at the end of the 14 days period of self-isolation, then they can return to school on Friday 16<sup>th</sup> October 2020.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 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. 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.

The 14-day period starts from the day when the first person in the house became ill.

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 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, 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

*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

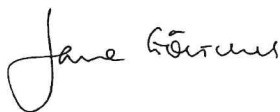
## Further Information

Further information is available at

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

We know how difficult the last couple of months have been for students, but regrettably we have no option but to follow the national guidance. Staff have already or will be uploading content to google classroom and your daughter must continue to follow her timetable. Teachers will deliver lessons virtually, and students who do not have IT access will be provided with a Chrome Book from School.

Yours sincerely,



**Mrs Jane Götschel**  
**Headteacher**