



Fleet Primary School

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Coronavirus Update – new information

16th March 2020

Dear Parents and Carers,

I am sending an update to the information that was sent home on Friday. This letter will be on the school website too. As this is a fast moving situation if things change or guidance we are given changes we will continue to keep you updated.

The guidance sent out on Friday regarding self-isolation remains and I have included it below again for your information. This guidance is only if your children exhibit symptoms. At present we are advised that if no symptoms are seen children should come to school as normal. The advice at present is that we remain open and that school trips and events should continue as normal. We continue to take measures in school as advised by the DfE to minimise the risk of any spread of infection in school.

Current Advice regarding when children or staff need to self-isolate and stay away from school:

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild infection

The key information is to do the following should you experience either or both of these symptoms:

- if you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started.
- this action will help protect others in your community whilst you are infectious.
- plan ahead and ask others for help to ensure that you can successfully stay at home.
- ask your employer, friends and family to help you to get the things you need to stay at home.
- stay at least 2 metres (about 3 steps) away from other people in your home whenever possible.
- sleep alone, if that is possible.
- wash your hands regularly for 20 seconds, each time using soap and water.
- stay away from vulnerable individuals such as the elderly and those with underlying health conditions as much as possible.
- you do not need to call NHS111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Ending Self Isolation:

You should remain at home until 7 days after the onset of your symptoms. After 7 days, if you feel better and no longer have a high temperature, you can return to your normal routine. If you have not had any signs of improvement and have not already sought medical advice, you should contact NHS 111 online at 111.nhs.uk. If you have no internet access, you should call NHS 111.

A cough may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean you must continue to self-isolate for more than 7 days.

PLEASE TURN OVER ->

Additional Steps Taken in School

As a school, we have taken some additional precautions which took effect from today. These are things that we are doing because of the way our school runs. Other local schools will be making their own plans for similar reasons.

- Children and adults will continue to wash their hands with soap throughout the day. Official visitors will continue to be provided with hand sanitizer when they come for meetings at school.
- Our daily school assemblies and Friday class assemblies are cancelled. Apologies to year 2 and year 1 families whose class assemblies would have been this week and next – we are going to let the children do their performance and film them and then share the film with you (they are quite excited to be making a film!). We are trying to minimise situations where lots of children would be very close to each other along with a number of adults from outside school all in the close confines of the hall.
- Class teas will be cancelled for the time being to again avoid large numbers of adults and children in the hall together.
- School trips and visits that involve the use of public transport will also be stopped for the time being. We will continue to go on trips that are local and where we walk – such as to the heath.
- Swimming will stop for the time being - we have been in contact with Kentish Town pool to ensure that their cleaning regime is rigorous and the pool they use is not open to the public. However, the changing area the children use does not have handwashing facilities. The only way for the children to wash hands before and after swimming would be to go into the public changing rooms. Given this we have decided to stop swimming at this time. Year 5 and Year 4 children will do a PE session here in school instead when they would be going swimming.

Despite these changes, I want to reiterate what I have said previously. **Our school continues to be open and we expect all children who are well to attend school every day.**

If you have any questions, or if you would like any of this to be explained, please speak to me on the gate, phone school or come in during the day for a chat.

For more information please visit the Camden and government websites for more information:

- <https://www.camden.gov.uk/coronavirus-covid-19>
- <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

Newsround have produced some helpful resources that you might want to share with your children:
Coronavirus: Dr Chris answers YOUR questions <https://www.bbc.co.uk/newsround/51698180>

The Young Minds mental health charity has some very helpful guidance for parents and older children <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Yours Sincerely,



Don McGibbon
Headteacher