



The Trent-Rylands Federation



Trent Vale Infant and Nursery School *and* Beeston Rylands Junior School

Executive Headteacher: Jackie Moss
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Trent Vale Infant and Nursery School
Tel: (0115) 9179224
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Beeston Rylands Junior School
Tel: (0115) 9178355
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9th December 2020

February Half Term holiday arrangements for children who have been attending school and have Covid-19 symptoms and/or test positive for Covid-19

Only emails WILL be monitored so DO NOT PHONE SCHOOL

Dear Parents and Carers

It is vital that all parents and carers follow these instructions for the safety of our community as school is an integral part of NHS Test and Trace.

Saturday 13th and Sunday 14th February 2021 ONLY

1. If your child who attends Trent Vale or Rylands Junior develops Covid-19 symptoms at any time on either of these days then inform the school office via either email immediately – office@trentvale.notts.sch.uk or office@rylands.notts.sch.uk
2. Book a Covid-19 test for your child ASAP.
3. Inform school via email of the test result immediately especially if it is positive.

Monday 15th February – Sunday 21st February 2021

- If your child develops symptoms during this time follow the guidance at the end of this letter. You DO NOT need to inform school.

Yours sincerely

Jackie Moss

Jackie Moss
Executive Headteacher

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)

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 .

People who do not have symptoms should not request a test unless this has been specifically requested by Public Health England or the local authority.

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. 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 can, 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

Please see the link to the PHE 'Stay 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>

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/>