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Cottingham High School
and Sixth Form College



Dear Parents and Carers

25 November 2020

After seeking advice and guidance today from the Local Authority and Public Health England, I am writing to inform you that your son/daughter has been identified as a close contact of a year 10 student who has tested positive for COVID-19.

The Local Authority advise that your son/daughter who have been in close contact should self-isolate until Thursday 3rd December 11.59pm. Therefore, your child's first day back in school will be Monday 7th December, because 4th December is a disaggregated training day. We look forward to welcoming your son/daughter back to school on this date. This is a period of 14 days from when they last had contact with the person affected. If your son/daughter has any brothers or sisters in another year group at our school or any other school/college, they can still go to school unless they or someone in your household develops symptoms or have been informed to self-isolate too.

The main symptoms of COVID-19 include:

- **a high temperature** – this means they may feel hot to touch on their chest or back (you do not need to take their temperature with a thermometer)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if they usually have a cough, it may be worse than usual)
- **a loss or change to their sense of smell or taste** – this means they may tell you that they cannot smell or taste anything, or things smell or taste different.

Should your child, or other household members start to develop symptoms of COVID-19 please arrange to get them tested and please inform the school immediately.

If your son/daughter receives a positive test result please inform the school immediately. If it is outside school opening hours, please use the following email address to inform us:
covid@cottinghamhigh.net

To book a free COVID-19 test, visit the NHS website or phone the NHS on 119:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

You can get a test at a testing site, or by asking for a home testing kit.

I can assure you that our school is very careful to make sure everyone follows Government, Local Authority and Public Health guidance for cleaning, hygiene and social distancing.

Our school is still open to all other children unless previously notified of the need to self-isolate.

Information about coronavirus (COVID-19) is available on the government website: <https://www.gov.uk/coronavirus>



Please can we ask you to remind your child(ren) of the relevant government guidance, which should be adhered to during the isolation period:

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*

Please click [here](#) for the full government guidance if you have been asked to self-isolate.

Your child will continue to access online education via TEAMS. Full details how to access online learning is detailed on the school website. If you have any issues accessing online materials, please let us know at the school by emailing parentict@cottinghamhigh.net

We realise that this continues to be an anxious time for our families and would like to reassure you that the health, safety and wellbeing of our young people and staff is our core priority. We thank you for your continued support.

Yours sincerely



Loz Wilson
Headteacher

