



Dunkirk Primary and Nursery School

Highfields Campus
Marlborough Street
Dunkirk, Nottingham
NG7 2LE

Abbey Campus
Lenton Boulevard
Lenton, Nottingham
NG7 2ET

Tel: 0115 9153273

Email: admin@dunkirk.nottingham.sch.uk

Website: www.dunkirkprimary.com



9th September 2020 REPEAT LETTER SEND

Dear parents/carers,

The main symptoms of coronavirus are:

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

Most people with coronavirus have at least 1 of these symptoms



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What happens if...

A letter explaining next steps for illness

There will be quite a few letters over the next few weeks as I receive new information from our Local Authority and the Department of Education and as we respond and update in school. I want to keep our school community as up to date as possible and be transparent about the processes that we are putting in place. We will now text alert our parents/carers to let everyone know that an important email letter has been sent, as changes have to happen quickly at the moment. This will only go to the first named contact on our school system so please forward to other members of your household as necessary.

What happens if my child has specific Covid19 symptoms (high temperature/persistent cough/loss or change of taste or smell) at home:

1. Call 111 or go online 111.nhs.uk for guidance or **book a test** immediately. Call 999 if an emergency
2. **Tell school immediately. Do not bring your child or any siblings to school**
3. School will follow-up 24-48 hours later with a safe and well call, just to check you are all okay
4. If you are not able to get a test in the first 5 days of having symptoms then the household must self-isolate anyway (person with symptoms)

Head Teacher: Mrs H Hollis BA (Hons)

10 days and anyone else in the household 14 days). **Tell school.**

What happens if a child has symptoms in school:

1. Child taken to first aid isolation room (these are rooms that the children know are used for first aid)
2. Parents contacted to collect child **immediately** please
3. Areas cleaned by site staff
4. Parents asked to get their **child tested** as soon as possible
5. Child isolates for 10 days (authorised absence) if positive result or longer if symptoms continue
6. Household isolates for 14 days. Do not have visitors and only go out for the test.
7. A negative test result means a child can return to school if feeling well enough. **Tell school first.**
8. Remote learning provision will be made available if appropriate

I also wanted to ensure parents/carers were aware to keep self-isolating if child has any of these symptoms after the 10 days:

- a high temperature or feeling hot and shivery
- a runny nose or sneezing
- feeling or being sick
- diarrhoea

These symptoms must have been gone for 48 hours before self-isolation stops.

What happens after a child has been sent home with one of the symptoms?

- a. The school are following all government guidance which states that:
- b. All areas the child has come into contact with will be sanitised as a precaution
- c. The school will be in contact with the family of the child who has symptoms
- d. No further action will be taken unless a positive test is recorded or others within the bubble develop symptoms

What happens if a child has sickness/diarrhoea in school (currently not on NHS list of needing a test)

1. Child taken to first aid room
2. Parents contacted to collect immediately, as we would normally
3. Child at home for 48 hours after last symptom. If other symptoms appear we can authorise further school days (as your child may still

- have a different virus/illness). **Tell school**
4. If any symptoms of Covid19 are observed (temperature/persistent cough/a loss or change to sense of taste or smell) please call 111 for further guidance or immediately **arrange a test**. **Tell school**

What happens if there is a confirmed case of Covid19 in school (by NHS England test and trace)

The Head Teacher notifies the local Public Health England Health Protection Team (PHE HPT), Chair of Governors and the Local Authority Health and Safety team. We will then follow the set protocols for minimising further spread in the community. If the decision and agreement is made to limit the attendance of children in school then the Head Teacher has to notify the Department for Education. Following this the school will work with the Local Authority to tell the school community as soon as possible. As always, the safety and well-being of the children and staff is paramount. Please be aware of **the possibility that your child's bubble might have to close at any point** and have had a planning discussion in your household about your possible childcare arrangements. School will have a letter that parents/carers can send to their employers to confirm the details if needed.

What happens to learning if a bubble/campus/school goes into isolation or Nottingham City went into a lockdown position

Mr Parry and Mrs Beeley are creating an outline for families about how learning will continue in a range of different scenarios. However, the elements below that we have used previously and successfully will be included:

1. Initial paper learning pack sent to all families (work/pencil etc).
2. Class emails are used as a communication link with families. These are just being set up for the new classes at the moment and aren't activated yet. Staff to outline work timeline/organisation for parents/carers and can answer any work queries. Email will also be used for children to send copies of their learning back to their teachers
3. Online learning on 'Dunkirk YouTube' account will commence (as appropriate for age of children)
4. Safe and well phone calls so parents/carers can let us know how they are doing and we can answer any school queries

Please remember this is the plan but the plan may change based on updated national and guidance.

Any other absence must be reported to school that day using the normal attendance message recording facility or email into school admin@dunkirk.nottingham.sch.uk.

If you have any further queries please contact admin@dunkirk.nottingham.sch.uk. Our phone line (01159153273) is quite busy in the day, as only essential visitors are allowed on site so it is **best to email** unless it is an emergency.

I have included after this letter an NHS guide to helping with symptoms at home. Please have a look below.

Kind regards

Heidi Hollis
Head Teacher

How to treat coronavirus symptoms at home

There is currently no specific treatment for coronavirus (COVID-19), but you can often ease the symptoms at home until you recover. If you're concerned about your symptoms and need medical advice, use the [NHS 111 online coronavirus service](#).

Treating a high temperature

If you have a high temperature, it can help to:

- get lots of rest
- drink plenty of fluids (water is best) to avoid dehydration – drink enough so your pee is light yellow and clear
- take [paracetamol](#) or [ibuprofen](#) if you feel uncomfortable

Treating a cough

If you have a cough, it's best to avoid lying on your back. Lie on your side or sit upright instead.

To help ease a cough, try having a teaspoon of honey (unless of an allergy) . But do not give honey to babies under 12 months.

If this does not help, you could telephone a pharmacist for advice about cough treatments.

Do not go to a pharmacy

If you or someone you live with has coronavirus symptoms, you must all stay at home.

Try calling or contacting the pharmacy online instead.

Get help while you're staying at home

[NHS Volunteer Responders](#) can help you while you have to stay at home (self-isolate).

They can help with things like collecting shopping and medicines.

[Call 0808 196 3646](tel:08081963646) (8am to 8pm, everyday) to arrange help from a volunteer.

Things to try if you're feeling breathless

If you're feeling breathless, it can help to keep your room cool.

Try turning the heating down or opening a window. Do not use a fan as it may spread the virus.

You could also try:

- breathing slowly in through your nose and out through your mouth, with your lips together like you're gently blowing out a candle
- sitting upright in a chair
- relaxing your shoulders, so you're not hunched
- leaning forward slightly – support yourself by putting your hands on your knees or on something stable like a chair

Try not to panic if you're feeling breathless. This can make it worse.

Important

Feeling breathless can be a sign of a more serious coronavirus infection.

If you feel breathless and it's getting worse, get medical advice from the [NHS 111 online coronavirus service](#).