



# LITTLE ILFORD SCHOOL

COURAGE • COMMITMENT • COMPASSION

Rectory Road, London E12 6JB

Tel. 0208 478 8024 | [info@littleilford.org](mailto:info@littleilford.org) | [www.littleilford.newham.sch.uk](http://www.littleilford.newham.sch.uk)

Co-Headteachers:

Ian Wilson

Helen Marriott

19 October 2020

Dear Parents/Carers,

We have been advised that there have been confirmed cases of COVID-19 within the school.

We are continuing to monitor the situation and are following government guidance. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

The school remains open and providing your child remains well they can continue to attend school as normal. We will keep this under review.

### **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.

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 should not go to work, school or public areas and exercise should be taken within the home.

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**

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

- new continuous cough and/or
- high temperature
- a loss of, or change in, normal sense of taste or smell (anosmia)

“ ... an excellent ambassador for community cohesion within the locality - OFSTED ”



**For most people, coronavirus (COVID-19) will be a mild illness.**

If your child or anyone in the household does develop symptoms, you can seek advice from NHS 111 at:

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

**Hands**

- Wash your hands regularly and for at least 20 seconds.

**Face**

- Cover your face in enclosed spaces, especially where social distancing may be difficult and where you will come into contact with people you do not normally meet.
- It is now compulsory to wear cloth face coverings on public transport, shops and several other indoor settings.

**Space**

- Stay 2 metres apart where possible, or 1 metre with extra precautions in place.
- Keep your distance from people who are outside your household or support bubble.
- Limit social gatherings (including abiding by the 'rule of 6') and avoid crowded places.

**Further Information**

Further information is available at: <https://www.gov.uk/coronavirus/education-and-childcare>

Yours faithfully,

Ian Wilson/Helen Marriott  
Co-Headteachers