



Montgomery Academy

An Academy within the Fylde Coast Academy Trust

Exec. Headteacher: Mr S.Cox BSc Hons MA (Ed) NPQH

Headteacher: Mr S. Careless BSc MSc NPQH

Senior Deputy Headteacher: Mrs C. Montgomery BSc MSc NPQSL

e-mail: admin@montgomery.fcat.org.uk

Web: www.montgomeryschool.co.uk

All Hallows Road
Bispham
Blackpool
FY2 0AZ

Tel: 01253 356271

Fax: 01253 352305

Inspiring Excellence Together

Friday 18th December 2020

Advice for Child to Self-Isolate for 7 Days

Dear Parent or Carer of Year 11 students identified as close contacts at Montgomery Academy,

I am really sorry to have to tell you that we were made aware today that a Year 11 student at the Academy has tested positive for the coronavirus (COVID-19). They were in school on all of Monday and Tuesday morning, when they were potentially infectious. They were sent home on Tuesday at lunchtime, when identified as a close contact to another case. Your son or daughter was in close contact on Monday.

We have followed the national guidance and have identified that your child has potentially been a close contact of the student involved. In line with the national guidance your child must stay at home and self-isolate until **Thursday 24th December 2020**. This means that they can return to normal activities, as long as they are not displaying any symptoms, from **Friday 25th December 2020**. I obviously realise that this will affect your Christmas plans and sincerely apologise that your son/daughter has been affected.

Other members of your household can continue normal activities provided your child does not develop symptoms within the self-isolation period outlined above.

Please see the link to: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>

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 10 days. This includes anyone in your 'Support Bubble'.

The 10-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 10 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.

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>

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)

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

- 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/>

Yours sincerely



Headteacher