



Inspiring Excellence Together

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
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Date: 8th July 2021

Advice for Year 10 student identified as a close contact to self-isolate for 10 Days

Dear Parent or Carer of Year 10 students identified as close contacts at Montgomery Academy,

Unfortunately, we were made aware yesterday evening that a student in Year 10 had tested positive on a lateral flow test (LFT) for coronavirus (COVID-19). The student is going for a PCR test today, and we will let you know if the result comes back negative. However, after looking at the classes that the student was in on Tuesday and Wednesday, we have decided that 23 Year 10 students should self-isolate from today.

Therefore, following national guidance your child has potentially been a close contact of the student. In line with the national guidance your child must stay at home and **self-isolate for 10 days until Saturday 17th July 2021**. This means that their first day back in school will be **Monday 19th July 2021**.

Your child will be able to access the remote learning for Year 10, such as Google Classroom, Seneca and Hegarty, over the next 10 days. If they have any issues accessing it then please contact us. Password resets can be done through emailing

remotelearningissues@montgomery.fcat.org.uk

Remote Learning Resources can be accessed by going to our school website and then clicking on 'Remote Learning Resources' then 'Year 10' at the bottom of the next page.

If your child is well at the end of this period of self-isolation, then they can return to usual activities.

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.



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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