



Spalding High School

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Headmistress Mrs M Anderson B.Ed

Dear Parents, Carers and Students

16th March 2020

As you are no doubt aware, Public Health England has strengthened the guidance for people with possible symptoms of coronavirus Covid-19.

The most up-to-date advice from PHE can be found [here](#) and from the NHS website [here](#).

This covers the recent onset of:

- new continuous cough and /or
- high temperature (you feel hot to touch on your chest or back)

No matter how mild the symptoms are, there is a need to self-isolate for **at least** seven days from the onset of symptoms.

We ask that parents remain vigilant about symptoms their child may have and do not send them to school if they show these signs.

Parents should contact the School and inform us that their child is self-isolating. Our Attendance Officer and/or pastoral staff will make contact on the first day of self-isolation and every two-three days thereafter to see how the student is doing. If a student presents at school with a new persistent cough and/or a high temperature then we will contact you to collect your child and discuss if self-isolation is necessary.

Advice on self-isolation clearly states that “you should remain at home until seven days after the onset of the symptoms. After seven days, if you feel better and **no longer** have a high temperature you can return to your normal routines”.

Please ensure that you contact the School to notify us of your child’s planned return to school. We will support their return in the normal way following an absence. The advice also states that if there have not been signs of improvement and you have not already sought medical advice, then NHS111 should be contacted.

Thank you for your continued ongoing vigilance and support during these challenging times. We remain committed as ever, to responding to Government advice appropriately and responsibly whilst supporting our students with their learning.

Yours sincerely

M K Anderson
Headmistress