



The Academy at
St James
Aspire, Achieve, Believe

The Academy at St James
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Headteacher: Mr Chris Tolson
Tuesday 15th September

Advice to All Parents

Dear Parents/Carers,

I hope this letter finds you well. I am writing to give you an update on a number of things I have been asked about in the last few days. You have been really helpful and supportive so far and this is just to reiterate national government guideline and to make sure you know what to do.

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, they must not come to school and 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. We know this has been difficult but try to make sure they are tested within 5 days of symptoms starting otherwise they will have to be at home for 10 days.

All other household members who remain well, must stay at home and not leave the house for 14 days. This includes anyone in your 'Support Bubble'.

Further information is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

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.

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 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:

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

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/check-if-you-have-coronavirus-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

Do

- 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/>

Social distancing

Please make sure that in a morning and in an afternoon that you:

- Keep moving around the building and avoid congregating together as this can cause problems.
- Avoid stopping and chatting to other families as this is how the virus can spread.
- Remember to responsible for your own social distancing in and around the school building.

We will keep having staff in **Hi-Vis jackets** around school to answer any questions you may have.

Pick up and Drop Off

Please make sure that you drop and collect your children to the school doors. We have had some children walking down the drive on their own and we would ask that **one adult only** drops them off.

Year 6 pupils will need dropping off and collecting from school until **February half term**. This is a policy we have had for the last 3 years.

If you have any questions please let me know and thank you for your continued support.

Yours sincerely

Chris Tolson

Headteacher