

St Matthew Academy

St Joseph's Vale, Blackheath, London SE3 0XX

Headteacher: Ms Miranda Baldwin

Head of Primary: Ms Joanna Chick



18 March 2021

Dear Parents and Carers

RE: Case of COVID-19 - Advice to Parents and Carers.

We have been advised that a pupil in the secondary phase of the Academy has tested positive for coronavirus. **Your child has NOT been identified as a close contact of the case and they do not need to self-isolate.**

What the Academy has done

We have undertaken a full risk assessment and everyone who has been in contact with the person who tested positive has been identified and advised to self-isolate your child has **NOT** been in contact with the positive case according to public health guidance and can continue to come to school as normal. This letter has been sent to all families in our setting to let them know of the current situation and provide advice on how to support their child.

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

To reduce the spread of the virus we would like to remind you to continue to carry out the home testing as per our previous instructions, which are copied again at the foot of this letter for your convenience. It is VITAL that not only are the tests taken regularly but the results of the test are reported via the NHS test and trace website and the Academy google form, see details on the following page.

What to do if your child develops symptoms of COVID 19

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)

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.

If your child develops symptoms of COVID-19, they should get a test and 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 10 days, unless the test result is negative. **Please inform the Academy of any symptoms and test results.**

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.

Testing pupils at home

Pupils have all been issued with home testing kits. The result of each test taken will need to be reported to St Matthew Academy and NHS Test and Trace. Tests are free of charge. Pupils will receive a pack of 3 tests in a box with a leaflet on how to take the test and report the results.

Test will need to be carried out ideally on Monday and Thursday of each week. Preferably this would be in the morning before going into school on Mondays and Thursdays. However, we understand that for some people this may be challenging. Therefore, tests can be taken the evening before if needed.

Taking the test

We will give pupils a leaflet with instructions on how to do the test with the kit. There is also a useful video to show you how to take the test [here](#). We have also included a short information sheet with this letter. Help and support is available, including instructions in different languages on how to test and report the results. There is no need to keep used test equipment after the test result has been reported. You can put it in your normal bin (household waste). This does not replace symptomatic testing. If you have symptoms, you should self-isolate immediately, book a PCR test and follow national guidelines.

What should you do after the test?

If anyone tests positive you, your household, any support bubbles you are part of should self-isolate immediately in line with NHS Test and Trace guidance for 10 days. You should also order a confirmatory PCR test.

If the result of the test is unclear (void) you should do another test.

You will need to report each test result to both NHS Test and Trace and St Matthew, please use the below links, to submit your test results:

[NHS Test and Trace
https://forms.gle/PzwLPHdCz1BXEZkZ7](https://forms.gle/PzwLPHdCz1BXEZkZ7)

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.

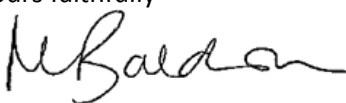
Do

- 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 is available at <https://www.nhs.uk/conditions/coronavirus-covid19/>

We know that this is a difficult time for families and thank you for your support as we work to keep our Academy and wider community safe.

Yours faithfully



Ms M Baldwin
Headteacher