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7<sup>th</sup> December 2020

Dear Parents and Carers

We have been advised this morning that there have been two further confirmed cases of COVID-19 within the academy, one is a student and one is a teacher.

We know that you may find this concerning but we are continuing to monitor the situation and are working closely with Public Health England and the Norfolk Outbreak Management Team. This letter is to inform you of the current situation and provide advice on how to support your child.

Please note that the relatively small number of families of children who have been in direct prolonged contact with the confirmed cases will have all received a phone call and individual letter informing them that their child must stay at home and isolate for 14 days. I would be grateful if you did not contact the academy to ask for more information about the identity of the student or teacher involved in the confirmed cases as we cannot provide this due to data protection regulations. Please be assured that if you have not received an individual letter and phone call informing you that your child has been in contact with the confirmed case, there is nothing to indicate that your child is at any greater risk than they were before this case was confirmed.

The academy remains open and your child should continue to attend as normal if they remain well unless they are in Year 11 or have been previously asked to self-isolate.

### **What to do if your child develops symptoms of COVID 19**

If your child develops symptoms of COVID-19, they must not come to the academy 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.

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.

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Determined to be...

'the best that we can be'



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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 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

*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/>

Yours faithfully



**Mr. Woodhouse**  
**Principal**