



Headteacher: Mr N. Holder  
Chair of Governors: Mrs G. Hossack

✉ enquiries@farringdonca.net  
📍 Allendale Road, Farringdon  
Sunderland, SR3 3EL  
☎ 0191 917 1500

19<sup>th</sup> October 2020

Dear Parent,

### **Advice for Child to Self-Isolate for 14 Days**

We have been informed this morning that there have been a number of confirmed cases of COVID-19 within the Y11 bubble, therefore, in line with the national guidance we recommend that your child now stays at home and self-isolates up to and including Thursday 29<sup>th</sup> October. Your child must not go to school or any public areas: your child must remain at home.

Further details of what your child needs to do are in NHS Guidance:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

We are asking you to do this to reduce the further spread of COVID 19 to others in the community. If you need support with isolation, please contact your local Council.

Other members of your household can continue normal activities provided your child does not develop symptoms within the self-isolation period.

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

**Remote Learning** - The Government have made remote learning a legal requirement therefore attendance to online lessons will be monitored, where it is possible, and work completion/online submission tracked.

If your child has access to a computer, tablet or mobile phone and the internet, they should follow their timetable and access online lessons on Office 365: Teams. Help and support can be found for this on the 'Home Study' page of our Academy website.

If your child is unable to access online lessons and Teams, you must notify the school office so that a work pack can be provided.

Your child is expected to continue their learning at home.

#### Online

- Live lessons (following timetable) via class Teams.
- Online submission of work

#### Work Pack

- Paper pack to be delivered
- Work to be submitted upon re-entry into the Academy.



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

For most people, especially children, COVID-19 will be a mild illness.

The most common symptoms of 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)

If your child develops any of these symptoms of COVID-19, they should remain at home and arrangements should be made for them to be tested. At that time all other household members must also stay at home, not go to work, school or public areas, even for exercise.

Testing can be arranged by calling 119 or via the NHS website: [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

When the result of the child's test is known further advice will be available.

## **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 [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

Yours sincerely

Mr N Holder  
Headteacher