



# The Oratory R.C. Primary and Nursery School

*“Shine as to be a light to others”*



Head Teacher: Mrs C. Dickinson

## COVID – 19 UPDATE No 3: Birmingham Local Lockdown, Symptoms of COVID-19 and Testing

Saturday 12<sup>th</sup> September 2020

Dear Parents and Carers,

During this time of year there is a natural increase in the number of coughs, colds and runny noses. Usually, this does not affect your child’s attendance, however in light of COVID-19 and an increased rise in confirmed cases throughout Birmingham; anxiety levels are understandably high. An added pressure is the commonality of symptoms - is your child displaying symptoms of the ‘common cold’ or COVID-19?

The purpose of this letter is to provide the most up to date guidance from the Government, DFE, Public Health Birmingham and the Local Authority. In addition to this, **I wish to reassure you that the Oratory will be staying open** unless advised by Birmingham LEA or the Government.

### **What are COVID-19 symptoms?**

The **main symptoms** of Covid-19 are:

- a new continuous cough and/or
- fever (temperature of 37.8 degrees or higher)
- loss of or change in, normal sense of taste or smell

Your child may also display gastrointestinal symptoms.

Please see link for symptoms: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

### **How is the virus passed from one person to another?**

Covid-19 is passed from person to person mainly by large respiratory droplets and direct contact (close unprotected contact, usually less than one metre). These droplets can be directly inhaled by the person or can land on surfaces which another person may touch which can lead to infection if they then touch their nose, mouth or eyes.

### **What is the incubation period?**

The incubation period (i.e. time between exposure to the virus and developing symptoms) is between 1 and 14 days.

### **When is a person infectious?**

A person is thought to be infectious 48 hours before symptoms appear, and up to seven days after they start displaying symptoms.

### **Are pupils at risk of infection?**

Pupil of all ages can catch the infection, but pupils make up a very small proportion of Covid-19 cases with about 1% of confirmed cases in England aged under 19 years. Pupils also have a much lower risk of developing symptoms or severe disease.

**The chart below is a quick reference guide showing what to do if your child or someone in your household displays or tests positive for COVID-19.**

| What to do if...  | Action Required   | Return to school when...   |
|---|---|--|
| ...my child has <u>Covid-19 symptoms</u> .  | <ul style="list-style-type: none"> <li>➤ <b><u>Do not come to school</u></b></li> <li>➤ <b>Contact the school straight away to inform us of the situation</b></li> <li>➤ Self-isolate the whole household</li> <li>➤ Get a COVID-19 test</li> <li>➤ <b>Inform the school immediately about the test result and send the results by email to <a href="mailto:communication@oratory.bham.sch.uk">communication@oratory.bham.sch.uk</a></b></li> </ul>           | ... the test comes back negative <b>or</b> a period of 14 days has passed since the symptoms started. Your child feels well.   |
| ...my child tests <u>positive for COVID-19</u> .                                      | <ul style="list-style-type: none"> <li>➤ <b><u>Do not come to school</u></b></li> <li>➤ <b>Inform the school immediately about the test result and send the results by email to <a href="mailto:communication@oratory.bham.sch.uk">communication@oratory.bham.sch.uk</a></b></li> <li>➤ <b>Agree an earliest date for possible return (at least 14 days)</b></li> <li>➤ Self-isolate the whole household</li> </ul>   | ... 14 days have passed since symptoms began, even if they still have a cough or loss of taste/smell. <i>(These symptoms can last for several weeks.)</i> <b>AND</b> the child feels well. |
| ...my child tests <u>negative for COVID-19</u> .                                      | <ul style="list-style-type: none"> <li>➤ <b>Contact the school straight away to inform us of the situation and to discuss when your child can come back to school (same / next day)</b></li> <li>➤ <b>Send test result by email to <a href="mailto:communication@oratory.bham.sch.uk">communication@oratory.bham.sch.uk</a></b></li> </ul>  | ... the test comes back negative.  |
| ...my child <u>is ill with symptoms not linked to Covid-19</u> .                      | <ul style="list-style-type: none"> <li>➤ <b><u>Do not come to school.</u></b></li> <li>➤ <b>Contact the school straight away to inform us of the situation</b></li> <li>➤ Ring school on each day of illness</li> </ul>   | ... after 48 hours following the last bout of sickness or diarrhoea (as per Attendance Policy)   |
| ... <u>someone in my household has Covid-19 symptoms</u> .                            | <ul style="list-style-type: none"> <li>➤ <b><u>Do not come to school</u></b></li> <li>➤ <b>Contact the school straight away to inform us of the situation</b></li> <li>➤ Self-isolate the whole household.</li> <li>➤ Household member to get a COVID-19 test</li> <li>➤ <b>Inform the school immediately about the test result and send the email to <a href="mailto:communication@oratory.bham.sch.uk">communication@oratory.bham.sch.uk</a></b></li> </ul> | ... the test comes back negative.  |
| ... <u>someone in my household tests positive for Covid-19</u> .                      | <ul style="list-style-type: none"> <li>➤ <b><u>Do not come to school</u></b></li> <li>➤ <b>Inform the school immediately about the test result and send the email to <a href="mailto:communication@oratory.bham.sch.uk">communication@oratory.bham.sch.uk</a></b></li> <li>➤ <b>Agree an earliest date for possible return (at least 14 days)</b></li> <li>➤ Self-isolate the whole household</li> </ul>  | ... your child(ren) has completed 14 days of isolation.  |
| ... <u>NHS test and trace has identified my child/ children as a close contact of</u> | <ul style="list-style-type: none"> <li>➤ <b><u>Do not come to school</u></b></li> <li>➤ <b>Contact the school straight away to inform us of the situation Inform the school immediately about the test</b></li> </ul>   | ... your child(ren) has completed 14 days of isolation.  |

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| <p><i>somebody with symptoms or confirmed Covid-19.</i></p>   | <p>result and send the email to <a href="mailto:communication@oratory.bham.sch.uk">communication@oratory.bham.sch.uk</a></p> <ul style="list-style-type: none"> <li>➤ Agree an earliest date for possible return (at least 14 days)</li> </ul>   |   |
| <p><i>...NHS test and trace has identified a household member (other than my child(ren) as a close contact of somebody with symptoms or confirmed Covid-19.</i></p> | <ul style="list-style-type: none"> <li>➤ The household member must self-isolate for 14 days.</li> <li>➤ <b>Your child(ren) can continue to attend school.</b></li> </ul>   | <p>... your child(ren) can continue to attend school.</p>   |
| <p><i>... a sibling attending another school has been sent home to self-isolate due to their being a positive case in their school.</i></p>                         | <ul style="list-style-type: none"> <li>➤ Sibling must self-isolate for 14 days.</li> <li>➤ <b>Oratory child(ren) can continue to attend.</b></li> </ul>  | <p>... Oratory child(ren) can continue to attend school</p>   |
| <p><i>... my child has travelled abroad from a country or territory that is NOT on the exempt list of countries.</i></p>  | <p><b>If returning from a destination where quarantine is needed*:</b></p> <ul style="list-style-type: none"> <li>➤ <b><u>Do not come to school</u></b></li> <li>➤ Minimum of 14 days self-isolation for all those who travelled.</li> <li>➤ Contact school to inform us you are back in the country and we will agree an earliest date for possible return to school.</li> <li>➤ Self-isolate the whole household.</li> </ul> <p>*<a href="#">Foreign, Commonwealth &amp; Development Office (FCDO)</a> – for up to date travel information</p> | <p>... the quarantine period of 14 days has been completed.</p>   |
| <p><i>... my child has travelled abroad from a country or territory that IS on the exempt list of countries.</i></p>  | <p><b>If returning from a destination where quarantine is NOT needed:</b></p> <ul style="list-style-type: none"> <li>➤ Check the current <a href="#">Exempt countries and territories list</a> to confirm the country you have travelled from or through is on the exempt list.</li> <li>➤ <b>Ring school to inform us you have returned to the UK and agree a return date to school.</b></li> </ul>   | <p>... you have informed the office and spoken to Mrs Yaman of your return to the UK (<i>Mrs Yaman will ask you a few questions about your travel</i>).</p> |
| <p><i>... I have travelled from a country that requires us to quarantine (but my child didn't travel).</i></p>  | <ul style="list-style-type: none"> <li>➤ <b>As long as you do not have / have not had symptoms in the last 14 days, your child can continue to attend school.</b></li> <li>➤ The person who has travelled <b>MUST NOT</b> leave the house, including to do pick-ups and drop offs (<i>please contact</i></li> </ul>  | <p>...child can continue to attend school</p>   |

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|  | <i>school if you need support getting your child to school).</i>  |  |
| <i>...we have received medical advice that my child must resume shielding.</i>     | <ul style="list-style-type: none"> <li>➤ <b><u>Do not come to school.</u></b></li> <li>➤ <b>Inform the school immediately about the medical advice and send written evidence by email to <a href="mailto:communication@oratory.bham.sch.uk">communication@oratory.bham.sch.uk</a></b></li> <li>➤ Shield until you are informed that restrictions are lifted and shielding is paused again.</li> </ul> | ... school informs you that restrictions have been lifted and your child can return to school again.<br>... you receive medical advice that your child may return to school. |
| <i>...my child's phase bubble is closed due to a Covid-19 outbreak in school.</i>  | <ul style="list-style-type: none"> <li>➤ <b><u>Your child(ren) must not come to school.</u></b></li> <li>➤ Support your child at home with remote education provided by your school.</li> <li>➤ Your child will need to self-isolate for 14 days.</li> <li>➤ Other siblings may continue to attend school.</li> </ul>   | ... school informs you that the phase bubble will be reopened.   |
| <i>... I am unable to get a test for someone in the household who has symptoms</i> | <b>If you are not able to get a test in the first 5 days of having symptoms, your child and anyone they live with must stay at home and self-isolate for 14 days. Anyone in your support bubble must also stay at home.</b>   | ... your child(ren) has completed 14 days of isolation.  |

### Coronavirus (COVID-19): Getting Tested

1. **Testing is most effective within 3 days of symptoms developing.**
2. **Anyone with symptoms can get tested, whatever their age.** Click on this link to book a test: <https://www.gov.uk/get-coronavirus-test>
3. **Walk-in Testing Site: Saltley Wellbeing Centre, 120 Broadway Avenue, Bordesley Green, Birmingham B9 5YD. YOU DO NOT NEED AN APPOINTMENT.** Parents and carers can administer the test to their children (Under 11s). Picture instructions are used to show how to self-administer the test (see below). Turnaround of results can be up to 72 hours (the same as home testing kits).\_The test involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud.
4. **Home Testing** Click on this link to see Dr Amir Kan demonstrate how to self-administer a swab test for coronavirus.  
<https://www.youtube.com/watch?v=zCqo7MhQT6U&frags=wn&safe=true>  
It's a simple nasal and throat swab (this is different to the nasopharyngeal swab test). **This is for the self-test kits in the UK which check if you have coronavirus now – exact models may vary.** Please always follow the written instructions provided with your kit. **If you're at home, please register your kit online as per the instructions in your kit – otherwise you will not get your results.** The Coronavirus Testing Call Centre can be contacted on 119 between the hours of 0700 – 2300. This service can be accessed by people with hearing or speech difficulties by calling 18001 0300 303 2713.

News of new measures being enforced as a result of a local lockdown within Birmingham, from Tuesday 15<sup>th</sup> September have increased anxiety levels. Under the new rules, people are 'banned' from meeting others who are not in their household or support bubble, indoors or in private gardens. Birmingham City Council confirmed that people could still go out to shops, restaurants and other venues, in a maximum group of six (which includes children) from more than one household, but has asked us to be "vigilant".

I completely understand that the messages we receive from the Government can appear to contradict each other. The reasoning, as I understand it, appears to be that household gatherings are contributing to the increasing spread of the virus. The hospitality sector undertakes a series of risk assessments and social distancing measures whereas household gatherings do not. However, I think that it won't be long before the hospitality

Please be assured that we have been reviewing our COVID-19 processes and procedures on a daily and weekly basis and will continue to do so.

As always, if you have any questions or queries please contact the school by emailing [communication@oratory.bham.sch.uk](mailto:communication@oratory.bham.sch.uk) and we will endeavour to get back to you as quickly as possible.

We would like to thank you for supporting and adhering to our new morning, end of day and daily routines. It has made a huge difference to the smooth and effective running of the day. Your continued encouragement and kind words of thanks are greatly appreciated by staff and governors.

Please remember that every decision we are make is based on trying to keep all of the children in our school, their families and the staff who work with them, as safe as possible.

***"We are a link in a chain, we are a bond of connections... We are the Oratory family!"***

Keep safe, keep well.

God bless,



Mrs. C. Dickinson  
Head Teacher