



Life in all its fullness

MILTON CE PRIMARY SCHOOL Number 9 19<sup>th</sup> November 2020

## PARENT/CARER'S NEWSLETTER

Welcome to this week's roundup – and remember you can also keep up to date at [www.milton.cambs.sch.uk](http://www.milton.cambs.sch.uk)

Dear Parents/Carers,

### COVID Update

We are delighted to have Year 4 back in school today! We missed you all. We will be sending out a brief survey to get some feedback on our first remote learning provision next week.

As you are probably aware, Prime Minister Boris Johnson is self-isolating after meeting an MP who later tested positive for coronavirus. I thought it might be useful to revisit the rules around this as I know they are confusing.

What are the rules around self-isolation and who has to do it?

When do I need to self-isolate?

#### You should self-isolate if:

- You have Covid symptoms - a new continuous cough, high temperature, or change in sense of taste or smell
- You test positive for Covid-19
- You live with someone who has symptoms, or is ill
- You arrive in the UK from one of **a number of countries which aren't exempt from quarantine rules**
- You are contacted by NHS Test and Trace to say **you have been in close contact with someone who has tested positive**

#### What does self-isolation mean?

Self-isolating means staying at home and not leaving it.

You should not go out for any reason - even to buy food, medicines or other essentials, or for exercise.

You should order online groceries, or ask friends or family to help out by getting what you need and leaving items outside your front door.

#### How long must I stay at home?

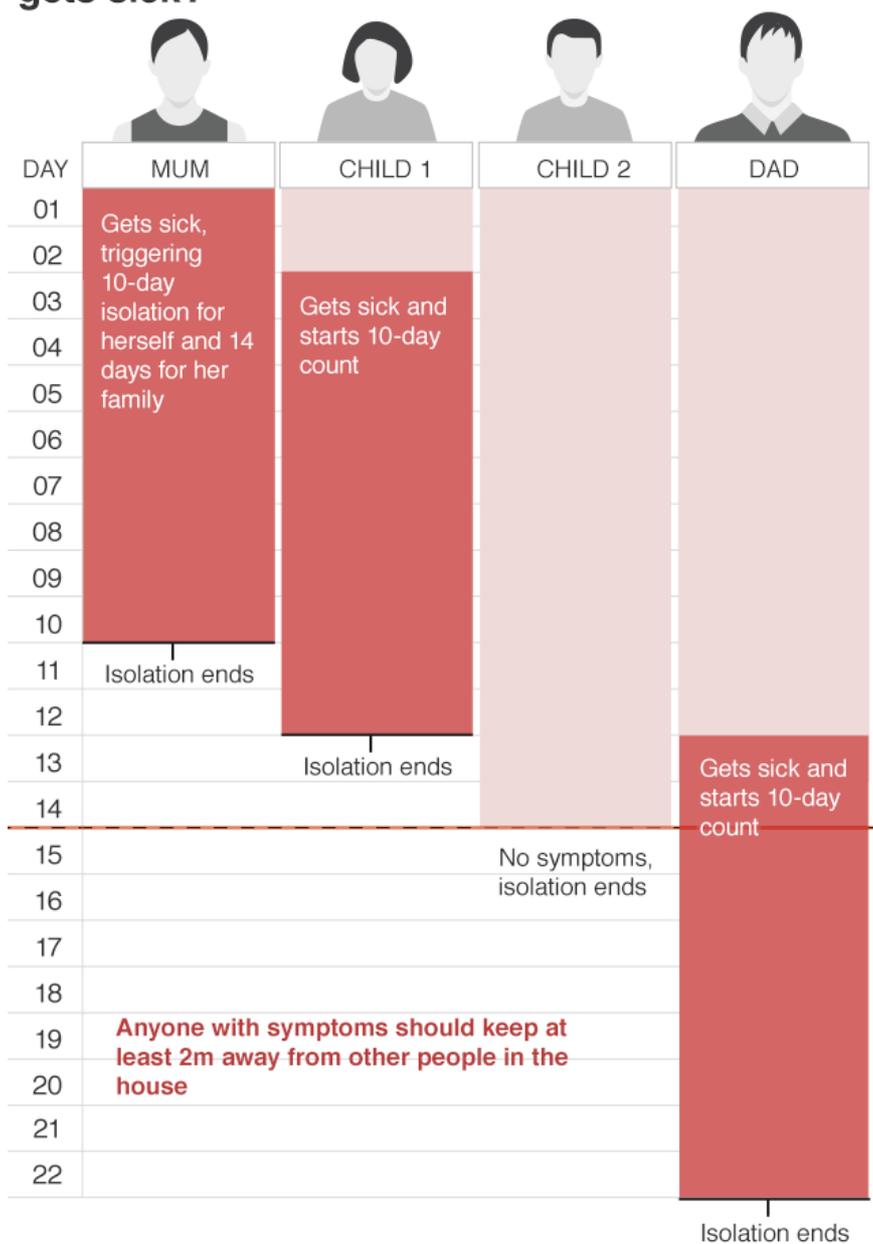
If you have Covid-19 symptoms, however mild, you **should self-isolate for at least 10 days** (we ask for **14 days**) from when they started, and arrange **to get tested**.

If you have no symptoms, but have tested positive for the disease, you must also self-isolate for at 14 days.

This starts from the day you took the test. If you develop symptoms during this time, you must restart your 14-day isolation.

This BBC diagram shows how it works with a family:

## What happens if someone in your family gets sick?



People may be able to pass on coronavirus without showing any symptoms

Source: Public Health England advice



**Although the government recommend 10 days isolation with symptoms, we at Milton C E primary School ask for 14 days isolation to be extra cautious.**

If you still have a temperature after 14 days, you should continue to self-isolate, but **can go out again if, by then, you only have a cough or loss of taste or smell.**

If you have coronavirus all other people in your household also need to self-isolate. They must not leave the house for 14 days from the day you first became ill, or - if you have no symptoms - from the day you had a test.

If they then display symptoms, they must start a new 14-day isolation period from the day they first appear.

If you are told by NHS Test and Trace that you were in contact with a person who tested positive, as in Mr Johnson's case, you must self-isolate **for 14 days from the date you last met.**

### **How do I self-isolate if I live with others?**

If you have symptoms or test positive, you need to try to keep apart from other members of your household.

You should stay in a well-ventilated room where you can open a window, but keep the door closed.

You should also use a separate bathroom. If this is not possible, then you should use the bathroom after everyone else and clean it thoroughly afterwards.

Meals should be eaten in your room and not in a shared area like the kitchen.

### **Covid symptom Study**

We have partnered with the COVID Symptom Study to help make sure our students are as safe as possible as we have headed back to the classrooms, whilst doing our part in creating the world's largest scientific dataset of COVID-19 in children.

We are asking all parents to join the COVID Symptom Study now, by downloading the free app and taking less than 1min a day to report how your child/children are feeling each day. With all parents reporting daily via the app, the app will provide a powerful tool for helping the school and parents understand COVID in the community and help keep our students safe. Importantly, the information you report will be invaluable to critical scientific research into COVID in children and for public health purposes - the Study will be sure to share any findings from their research with you.

So we are asking all parents, if you are interested to participate, to download this app. The app is available to download from the [Apple App Store](#) and [Google Play Store](#). Simply create a profile for yourself and for your child/children. To join our school network in the app and receive personalised COVID insights about our school, go to Edit Profile for your child's profile > School Network > enter our school's Unique School Network Code (see below) > select the Bubble that your child belongs to.

Our Unique School Network Code is BU7HTLV

To avoid outsiders joining, please do not share this code with anyone who is not a parent of our school.

For more information including full instructions on how to join and use the COVID Symptom Study app please head to: <https://covid.joinzoe.com/schools>

### **What is the COVID Symptom Study app and why should you use it?**

The [COVID Symptom Study](#) app is a not-for-profit initiative that was launched at the end of March 2020 to support vital COVID-19 research. The app was launched by health science company ZOE with scientific analysis provided by King's College London. Now, with over 4 million contributors globally, the Study is the world's largest ongoing study of COVID-19.

The app also provides unique insight on asymptomatic and symptomatic information across the UK which builds into a larger picture for the government and captures information not covered by other means. The Government has been so impressed with the data and research being produced it is now funding ZOE to continue the great work.

All data collected in the app is used anonymously for informing other parents in your child's school and your child's school, and anonymously for research and for public health purposes only. ZOE takes data security and privacy very seriously and enforces [best practices](#) to ensure all data is protected. ZOE is required to protect all data by law. As the work that ZOE does takes place in the UK, the European Union's General Data Protection Regulation applies.

### Absences

Please note these must be notified **via the office** not class teachers emails please.



### Children in Need

We raised an amazing £965 last Friday. Charities have really suffered during the COVID period so it was wonderful to raise such a large amount. Thank you you all for your participation and generosity.

### Christmas

We really don't want to abandon Christmas this year in school but many of our usual activities are hampered by COVID and safety requirements. We are planning separate nativity plays that will be a little different due to the lack of singing in Years 1 and 2 (separate this year as we cannot rehearse together.) Foundation stage will also do something similar which they plan to share with you all via Tapestry. Details will follow later.



Christmas dates so far:

### Talent Shows

The children will be performing their acts to their year group peers. On the day of their talent show children can dress up **for Christmas day**. They could come as a reindeer, Father Christmas or just wear something festive of their choice. Please could we ask for a **donation to support the MSA funds**.

### Christmas Parties

Please could we ask for a **50p donation** towards food that we will be providing. Children can come to school that day in **party clothes**.

### Talent Shows KS1:

Monday 7th December - Y1 Talent show

Wednesday 9th December - F Talent Show

Thursday 10th December - Y2 Talent Show

### **Parties KS1:**

Monday 14th December - Y1 Christmas Party  
Tuesday 15th December - F Christmas Party  
Wednesday 16th December - Y2 Christmas Party

### **Talent Show KS2**

Monday 7<sup>th</sup> December – Year 5 talent show  
Tuesday 8<sup>th</sup> December – Year 6 talent show  
Wednesday 9<sup>th</sup> December - Year 4 talent show  
Thursday 10<sup>th</sup> December – Year 3 talent show

### **Parties KS2:**

Monday 14<sup>th</sup> December – Year 6 Christmas Party  
Tuesday 15<sup>th</sup> December – Year 4 Christmas Party  
Wednesday 16<sup>th</sup> December - Year 5 Christmas Party  
Thursday 17<sup>th</sup> December – Year 3 Christmas Party

### **Christmas cards/gifts**

This is more of a logistical issue this year due to COVID requirements. If the children would like to bring in Christmas cards for their year group only, they can bring them to school on **Friday 11<sup>th</sup> December** where they can be posted in their class post box. We will then isolate them over the weekend so they can be handed out in the final week of term.

Yours sincerely,

*Mrs Anna Reeder*