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**THE BULWELL  
ACADEMY**  
*Creative  
Education  
Trust*

17 September 2020

Dear Parent/Carer

## COVID-19 Symptoms, Self-Isolation & Testing Guidance

The number of calls that we are currently receiving from parents/carers has increased substantially in the last few days. Understandably, these calls are relating to anxieties you may have about sending children into school who may have mild physical symptoms. Your frustrations and concerns about mixed messaging in the wider media are understood, and it is clear from most of these conversations that parents/carers are very much wanting to do the right thing by getting their child/ren into school.

Like all schools across the country, we are following closely the Department for Education (DfE) guidance. This ensures that we fulfil our statutory responsibilities, and all critical safety guidelines.



## Statutory Responsibilities

Currently, DfE guidance to schools outlines our responsibilities as follows:

- Ensuring that pupils, staff and other adults do not come into school if they have coronavirus (COVID-19) symptoms **or** have tested positive in at least the last 10 days
- Ensuring anyone developing coronavirus (COVID-19) symptoms during the school day is sent home

The above are essential actions to reduce the risk in schools and further drive down transmission of coronavirus (COVID-19). All schools must follow this process and ensure all staff are aware of it.

## Displaying Symptoms

If anyone in the school becomes unwell with a new and persistent cough **or** a high temperature **or** has a loss of or change in their normal sense of taste or smell (anosmia), they must be sent home. The school will advise the parent/carers to follow the [NHS guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#):

- The child should self-isolate for at least 10 days and a test should be arranged to see if they have coronavirus (COVID-19)
- Other household members and anyone in your support bubble\* should self-isolate for 14 days (this is because it can take 14 days for symptoms to appear).



- If someone tests positive whilst not experiencing symptoms but they develop symptoms during the self-isolation period, they should restart the 10-day self-isolation period from the day they develop symptoms.

More information on [How long to self-isolate](#) can be found on the NHS website.

We fully understand that there is a lack of capacity for testing, however we have not yet been issued with alternative guidance and must therefore continue to follow the guidance above.

Thank you to all parents for continuing to support the academy and academy staff so that we can work to provide the best possible educational experience for our young people.

Yours sincerely

Mrs M Strong  
Principal

#### You must self-isolate immediately if:

- You have any [symptoms of coronavirus](#)
- You've tested positive for coronavirus – this means you have coronavirus
- You live with someone who has symptoms or tested positive
- Someone in your support bubble has symptoms or tested positive
- [You're told to self-isolate by NHS Test and Trace](#)
- You arrive in the UK from a country with a high coronavirus risk – see [GOV.UK: how to self-isolate when you travel to the UK](#)

#### When to get a Test:

- If you have symptoms, get a test as soon as possible. You need to get the test done in the first 5 days of having symptoms.
- [Book a visit to a test site](#) or order a home test kit if you cannot get to a test site.
- If you are not able to get a test in the first 5 days of having symptoms, you and anyone you live with must stay at home (self-isolate). Anyone in your support bubble\* must also stay at home.

*\*A support bubble is a close support network between a household with only one adult in the home (known as a single-adult household) and one other household of any size.*

#### Coronavirus Symptoms are defined by DfE and NHS as:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal