



Yr Ysgol John Frost - The John Frost School

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Pennaeth / Headteacher:

Mark Tucker BA MA

11th October, 2020

Dear Parent/Carer

Re: Information regarding a confirmed case of COVID-19 at The John Frost School

I have been notified of a confirmed case of COVID-19 in Year 11. In line with guidance from Welsh Government, Environmental Health and Newport City Council all students in Year 11 will need to self-isolate for 14 days. Your child should not return to school until 20th October 2020.

Your child must self-isolate by staying at home.

Your child should remain home. Do not go to public areas or other people's houses, and do not use public transport or taxis for 14 days or until you have been told that it is safe to do so. Minimise contact with other people in your home and do not invite people to visit your home.

You should monitor your child's symptoms.

The symptoms of COVID-19 are:

- *A new continuous cough and/or*
- *High temperature (37.8oC or above) and/or*
- *Loss of, or change in, normal sense of taste or smell.*

Whilst your child is self-isolating, if they develop symptoms, you can book a test by logging onto <https://www.nhs.uk/ask-for-a-coronavirus-test> or where this is not possible, by calling 119. The test is only effective for those who are experiencing symptoms and needs to be taken in the first 5 days of having symptoms. It only checks if you have coronavirus right now and not if you have already had the virus. A negative test result does not mean you can stop self-isolating for the 14 day required period, as you have been identified as a confirmed contact through the contact tracing process.

To reduce the risk of COVID-19 spreading, there are things that everyone in your family can do to help. These include:

- washing hands with soap and water often – do this for at least 20 seconds
- using hand sanitiser gel if soap and water are not available
- washing hands as soon as they get home
- covering their mouth and nose with a tissue or sleeve (not their hands) when they cough or sneeze
- putting used tissues in the bin immediately and washing hands afterwards

Further information on symptoms and self-isolation can be found here: <https://gov.wales/symptoms-and-self-isolation-contact-tracing>

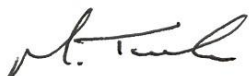
Further information on NHS Wales 'Test, Trace', Protect can be found here: <https://gov.wales/test-trace-protect-coronavirus>

For general information on COVID-19: <https://gov.wales/protect-yourself-others-coronavirus>

The COVID-19 online symptom checker can tell you if you need medical help and advise you what to do: <https://gov.wales/check-if-you-need-coronavirus-medical-help>

You are aware of all the measures we have put in place to minimise the risk of transmission of COVID-19. I want to reassure you that we will continue to be vigilant and do all we can to provide the safest possible environment for our school community.

Yours sincerely

A handwritten signature in black ink, appearing to read 'M. Tucker', written in a cursive style.

Mark Tucker
Headteacher