



Beeches Road, Birmingham, B42 2PY

0121 729 7310 • enquiry@arena-birmingham.academy

Headteacher: Raj Mann

🐦 @COREArenaAcad @COREeducate 📷 @COREeducate

Friday 2nd July

Dear Parents/Carers,

Following on from the information that I sent you previously, and having considered advice from Public Health England and the Department for Education, it has been decided in the interest of Health and Safety, for all Year 10 students to remain in self-isolation at home until Friday 9th July. They may end the ten-day self-isolation period and leave the house on Saturday 10th July. The COVID cases were identified on Wednesday 30th June and since then I have not received any further notifications of any additional cases, and if this continues students will be able to return to school on Tuesday 13th July (Monday 12th July is a pre-arranged training day for staff). Please continue to test your child twice a week and notify us immediately of any positive results using this link: [Home COVID Testing \(arena-birmingham.academy\)](https://arena-birmingham.academy/home-covid-testing).

Students will be given a combination of live lessons and work uploaded onto Teams for the duration of their self-isolation period, this will start at 9:00am every day. If you have any problems or concerns, please email Mr Jones (Head of Year 10) GJones@CoreArena.academy or Mrs Ahmed (Year 10 Group Coordinator) Nahmed@CoreArena.academy

We know that you may find this concerning but we are continuing to monitor the situation and are working closely with Public Health England. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness. Please find below guidance from Public Health England as to how to support your child and members of your household.

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, they must not come to school and should remain at home for at least **10 days** from the date when their symptoms appeared. Anyone with symptoms will be eligible for a PCR test (the normally available test type) and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

All other household members who remain well, must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.

Further information is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

The household isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms) and the next 10 full days. This means that if, for example, your 10 day isolation period starts on the 15th of the month, your isolation period ends at 23:59 hrs on the 25th and you can return to your normal routine.

Household members should not go to work, school or public areas and exercise should be taken within the home.



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If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from the [nhs.uk](https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/) website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

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

Do

- 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 <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely,

A handwritten signature in black ink, appearing to be "R Mann", written in a cursive style.

Mr R Mann

Headteacher