



# St. Michael's Catholic High School

High Elms Lane, Garston, Watford, Herts. WD25 0SS

Tel: 01923 673760

Headteacher: Mr Edward Conway

EFC/USB

17 November 2020

Dear Parent(s)/Carer(s),

## Update on Covid-19 Cases at School

I am writing to update you on recent developments at St. Michael's Catholic High School concerning the Coronavirus-Covid19 pandemic. You will probably be aware that there has been a significant increase in Coronavirus-Covid19 cases in Watford over the past ten days. This has had an adverse effect on numerous schools including St. Michael's. As a result, we have had to ask Years 9 and 11 to study from home. This is due to some students and a member of staff testing positive and others having to self-isolate.

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.

## What to do if your child develops symptoms of COVID-19

If your child develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test-or-by-calling-119>. **In this scenario**, all other household members who remain well must stay at home and not leave the house for 14 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 14-day period starts from the day when the first person in the house became ill.

Self-isolating household members should not go to work, school or public areas, and exercise should be taken within the home.

## 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)

**Please be aware that a number of students who have tested positive have only had mild symptoms, more like a common cold. Please be cautious and if your child displays such symptoms please keep them at home and get a test. If their test is negative, they can return to school, providing nobody else in the family has tested positive.**

THE DIOCESE OF WESTMINSTER ACADEMY TRUST (Company No: 7944160)

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## 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 your 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/symptoms/>

In addition, we have introduced the following measures:

### Keeping the virus out of school

This is our first and best line of defence. The published symptoms for COVID 19 as already stated, are a new and persistent cough, a temperature, or a loss of taste and smell. **However, in many of the positive cases that we have seen in school, these symptoms were not present, or were very mild and short lived like a common cold. Headaches and fatigue were commonly experienced by students who then tested positive. If your child or anyone in your household display symptoms that may be the virus, PLEASE KEEP YOUR CHILD AT HOME AND GET A TEST. Under the current conditions please err on the side of caution when deciding to send your child to school.**

### Face Coverings (enhanced requirement)

Face coverings are essential for students and staff when moving around the school building and must be worn in all communal areas and on all transport.

### Ventilation

Good ventilation is essential for limiting transmission of the virus. To achieve this, doors and windows will remain open wherever possible, which will lower the temperature in classrooms. Coats are permitted.

### Avoiding transmission through proximity (social distancing)

Social distancing should be attempted at all times. There should be no physical contact between students, we call this the '**daylight rule**' and it should be observed at all times.

### Avoiding transmission through contact with shared surfaces

In order to improve hygiene in rooms we have an additional cleaning process in place for the classrooms and around the school generally.

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Please be assured that we are doing everything possible to keep everyone safe within the St. Michael's Community. The safety of students, staff and all of our families is of the upmost importance and adherence to the measures outlined is essential in minimising the risk of transmission. We have taken advice from Public Health Authorities and will continue to do so. We will also keep the situation under constant review and if necessary will introduce further measures.

Should you have any concerns please contact the school. I am sure that we all remain in each other's prayers.

Thank you for your understanding and ongoing support.

Yours sincerely,

*Edward  
Conway.*

Edward Conway  
**HEADTEACHER**

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