

# Southminster C of E Primary School

A member of the Diocese of Chelmsford Vine Schools Trust

Burnham Road, Southminster, Essex CM0 7ES

Tel: 01621 772732 Email: [admin@southminster.essex.sch.uk](mailto:admin@southminster.essex.sch.uk)  
Headteacher Mrs X Glynn Assistant Headteacher Mrs K Cuthbert



Tuesday 17<sup>th</sup> March 2020

Dear Parents and Carers,

Following the change of advice and action from government late yesterday afternoon we are sending this information out. We will send out further information when available; after various meetings and discussions have taken place within the school, our trust and at county level. To try and make our communication as helpful as possible we will today be using a Frequently Asked Questions (FAQs) approach.

## **Is school open today?**

Yes, school remains open. We have not received any direction to close, indeed yesterday the Prime Minister said clearly that he wants schools to be open. We have the necessary staffing levels to be open.

## **Will swimming lessons be taking place?**

Yes, swimming lessons will be taking place as long as the school remains open.

## **Are after school and breakfast clubs operating as normal?**

Yes, school clubs are operating as normal.

## **Will parents evening be going ahead?**

Unfortunately, we will be postponing this until the summer term

The information below can be taken found at

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

## **Who should stay at home?**

Stay at home if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

## **If needing to stay at home, how long is this for?**

- if you have symptoms, stay at home for 14 days
- whole families should stay at home for 14 days from the day the first person got symptoms

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

**Together Everyone Achieves More**



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## How can we avoid catching and spreading coronavirus (social distancing)?

Everyone should do what they can to stop coronavirus spreading.

It is particularly important for people who:

- are 70 or over
- have a long-term condition
- are pregnant
- have a weakened immune system

### Do

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- 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
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, [online services](#), or apps to contact your GP surgery or other NHS services

### Don't

- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family

The NHS will contact you from Monday 23 March 2020 if you are at particularly high risk of getting seriously ill with coronavirus. You'll be given specific advice about what to do. Do not contact your GP or healthcare team at this stage – wait to be contacted.

## What is the summary information about social distancing?

This summary about social distancing can be found at:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

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Group/Action	Wash hands more often	Household isolation for 14 days*	Self - isolation for 7 days**	Social mixing in the community***	Having friends and family to the house	Use remote access to NHS and essential services	Vary daily commute and use less public transport	Home working
0 – 69	Yes	Yes	Yes	Advised against	Advised against	Advised	Advised	Advised
70+	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Any age Member of vulnerable group with an underlying health condition†	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Pregnant women	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Those with serious underlying health conditions	As above, but further bespoke guidance will be provided by your GP next week							

## When will further information be shared with parents and carers?

We will share as much as we can with parents and carers and we will do this as quickly as possible – please keep an eye out on Facebook for updates. As mentioned earlier, there are a number of meetings and discussions that are taking place this morning. We will continue to deal with this fast-moving situation by putting the health and well-being of our children, their families and our staff team at the centre of all we do. Schools always have emergency and contingency plans and we are adapting ours in response to information as we receive it. We will proceed calmly with our carefully considered approach to this worrying time. We will be calm round the children and shield them from unnecessary worry and speculation.

Our office team are receiving a high number of telephone calls and emails at the moment. Please be patient with them if they are not able to respond to you as quickly as normal.

All through yesterday we received supportive comments and responses by parents and carers. We are thankful for the support of parents and carers during these difficult times.

Yours Sincerely

Headteacher

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