



THE LONDON NAUTICAL SCHOOL

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23rd November 2020

For Direct Close and Proximity Contacts of Covid 19 in Sixth Form at London Nautical School

Dear Student and Parents.

Advice to Self-Isolate for an Additional 10 Days

We have been advised by Public Health England that there has been another confirmed case of COVID-19 within our Year 13 Group here at London Nautical School.

Further to our letter dated 18th November 2020 your son/daughter has again been identified as a contact and so unfortunately will have to have a further extended period of self-isolation.

He/She will return to school on Thursday 3rd December 2020.

We will be providing work via Google classroom, please find a copy of the distance learning provision below.

	Monday	Tuesday	Wednesday	Thursday	Friday
1	ICT Maths BTEC Science	Business Economics English Lit	Business Economics English Lit	History Psychology PE BTEC PE A-Level	Business Economics English Lit
2	Biology ICT Geography	History Psychology PE BTEC PE A-Level	History Psychology PE BTEC PE A-Level	ICT Maths BTEC Science	Biology ICT Geography
3	ICT Maths BTEC Science	Business Economics English Lit	ICT Maths BTEC Science	Biology ICT Geography	History Psychology PE BTEC PE A-Level
4	History PE BTEC PE A-Level Psychology	Biology ICT Geography		Business Economics English Lit	ICT Maths BTEC Science
5					Biology ICT

					Geography
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***** The highlighted blue boxes are independent learning. Please note: this timetable is only valid until Friday 27th November. Following this, students will have to access the work independently via GoogleClassrooms.**

We are asking you to do this to reduce the further spread of COVID 19 to others in our school community. If your son(s)/daughter(s) is/are well at the end of the 14 days period of self-isolation, then they can return to usual activities here at London Nautical School.

What should other members of my household do?

Other members of your household can continue normal activities provided they do not develop symptoms within the 14-day self-isolation period.

Please see the link to the PHE Staying at Home Guidance

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Symptoms of COVID 19

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

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

For most people, coronavirus (COVID-19) will be a mild illness. If you develop symptoms, you can seek advice from NHS 111 online at

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111.

What to do if you develop symptoms of COVID 19

If you or your family members develop symptoms of COVID-19, you / they should remain at home for at least 10 days from the date when their symptoms appeared, and go to the [testing](#) website to arrange a test for COVID-19. In this instance all other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.

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

Household members staying at home for 14 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.

How to stop COVID-19 spreading

There are things you can do to help reduce the risk to you and the spread of COVID-19:

Do

- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel (that contains at least 60% alcohol) if soap and water are not available
- Avoid touching your eyes, nose, and mouth with unwashed hands
- 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
- Clean and disinfection frequently touched surfaces daily in home, work and study environment
- If you develop symptoms of COVID-19 you must stay at home and arrange a test for COVID-19.

You can find further information or check your symptoms at [NHS 111 online](#)

Further information is available at

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

I am sorry to have to inform you of this news and if you have any further questions please email us directly at admin@lms.org.uk.

Yours sincerely,



Mr. Michael Schofield
Headteacher