



THE GRANGE SCHOOL

2 September 2020

Dear Parents, Carers and Students,

As we approach the time to re-open our school for all students, I want to share the most up to date guidance regarding test and trace and returning from abroad.

Symptoms and testing for coronavirus

As a school, we want to minimise the spread of COVID-19 and as such, any member of staff or student who develop any of the COVID-19 symptoms (fever, new persistent cough or change to/loss of their sense of taste or smell) will be required to immediately self-isolate and book a test.

Self-isolation, in the absence of a negative test result, is 10 days for the individual student or staff member and 14 days for members of their household. The full period of self-isolation must be observed if you either test positive or choose not to get a test, regardless of whether or not you are feeling better. After the full period of self-isolation has been completed, you can return to school provided that you have not had a fever in the previous 48 hours.

Booking a Test: a test for COVID-19 can be made through the following link: [Getting a coronavirus test](#)

We ask parents and staff members to inform us immediately of the results of a test and the school will follow the expected guidance:

1. If someone tests negative, if they feel well and no longer have symptoms similar to coronavirus (COVID-19), they can stop self-isolating. They could still have another virus, such as a cold or flu – in which case it is still best to avoid contact with other people until they are better. Other members of their household can stop self-isolating.
2. If someone tests positive, they should follow the [guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#) and must continue to self-isolate for at least 10 days from the onset of their symptoms and then return to school only if they do not have symptoms other than cough or loss of sense of smell/taste. This is because a cough or anosmia can last for several weeks once the infection has gone. The 10-day period starts from the day when they first became ill. If they still have a high temperature, they should keep self-isolating until their temperature returns to normal. Other members of their household should continue self-isolating for the full 14 days.

Returning from abroad

If you have recently returned from holidaying abroad, the UK's coronavirus regulations mean that, unless you are exempt, you will have to [self-isolate for 14 days](#) when you arrive in the UK. This applies to both UK residents and visitors to the UK

The **exemption rules** mean that you may not have to self-isolate when you arrive in England, if you are travelling from one of the following [countries or territories](#). That is because these countries and territories are either:

- covered by the travel corridor exemption
- within the common travel area - Ireland, the Channel Islands, the Isle of Man
- British overseas territories

Government guidance is that you will need to self-isolate if you visited or made a [transit stop](#) in a country or territory that is not on the travel corridor list in the 14 days before you arrive in England.

Similarly, Government guidance is that you will need to self-isolate if you visited or made a [transit stop](#) in a country or territory that is not on the list in the 14 days before you arrive in England.

I appreciate that there is a great deal to take on board, but it is crucial that we take every reasonable measure to reduce the spread of the virus.

Yours faithfully

Vince Murray
Headteacher