



Ellesmere Port Catholic High School

Wk. 2

PARENT BULLETIN

21st Sept 2020

Our Vision...

Excellent teaching.

Our Vision...

Strong Catholic ethos.

Our Vision...

Ensuring every child is known.

Our Vision...

High expectations of everyone.

Dear Lord,

Fill our lives with joy.

Fill our lives with love.

Fill our lives with peace.

We give thanks to you for the gift of life.

Give us the courage to live it to the full.

Amen.

Our Vision...

Exemplary behaviour and personal standards.

Our Vision...

At the heart of the community.

Our Vision...

Keeping children safe in education.

Our Vision...

Excellent leadership at all levels.



Headteacher Message

Dear Parents, Guardians and Carers,

I hope you are all keeping well.

We are happy with how well our students continue to adhere to all our health and safety guidance.

Our plans for open evening are a bit different this year and it will instead be held virtually. It will go live on our website on **Thursday 24th October** and there are opportunities for parents of prospective Year 7 students to book online appointments to find out more about our school. If you know of anyone that this would be of interest to, we would be grateful if you could point them in the direction of our school website.

Have a lovely weekend and take care.

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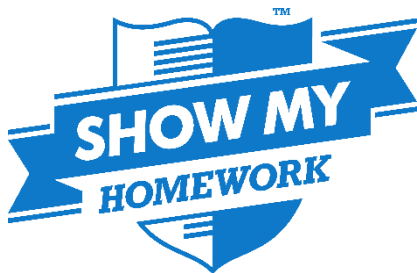
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Notifications

- **Home Learning**

The main platform for home learning to be set on is Show my Homework **(or Satchel One as it is now known)**. Over the past few months we have used Microsoft Teams as well as Show my Homework **(Satchel One)**. We are going to continue to use Show my Homework **(Satchel One)** due to the fact it has an app which parents can use whereas Microsoft Teams does not at this stage. We will review this at a later date.



All students have been issued with a new Show my Homework **(Satchel One)** pin number if they require it. Students can use it via the website or the app. For students logging in for the first time they need to enter their pin number and then create a username and password. Parental pins are available by contacting Mr C Jones at c.jones@epchs.co.uk

You will be able to access the home learning schedule via the website to see when home learning will be set for each year group.

Mr C Jones

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- **UPDATE: Department for Education**



Getting tested for COVID-19

It is important that if your child becomes unwell with any of the COVID-19 symptoms listed below that you get tested.

Testing sites are available across Cheshire and Merseyside, with appointments for tests released daily throughout the day. However, a vast increase in demand has led to laboratories, which process the tests, being overwhelmed. This national issue has meant that bookings have been restricted by the Department of Health and Social Care.

At this time of such high demand it is crucial that only people who have **COVID-19 symptoms** book a test. These include:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

There is no need for members of a pupil's household to have a test, unless they are also symptomatic.

If your child tests positive they should self-isolate and stay off school for 10 days.

If the test comes back negative they can return to school if they no longer have symptoms and have been fever free for 48hrs.

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As we head into the winter months pupils may feel unwell for example with a sore throat, stomach upset or a headache. These pupils **don't** need to book a test but may need to stay off school or college and seek medical advice through their GP or pharmacist as usual.

Please do not attend A and E, other hospital facilities or GP Practices requesting a COVID test as they are not able to provide these

To book a test please visit: www.nhs.uk or by call: 119.

Social media posts

Cheshire West and Chester Council will be sharing some social media posts to encourage people to only get a test if you have COVID-19 symptoms. Schools can share these messages on their own channels or use the following suggested social media posts.

- People with **symptoms** of COVID-19 can book on-line for a test www.nhs.uk or by calling 119. #NWCOVID19
- If you or someone in your household have **symptoms** of COVID-19 you can book a test online by visiting: www.nhs.uk or calling 119 #NWCOVID19
- School pupils and staff should only get a test for Covid-19 **if they have symptoms**. Book an appointment by visiting: www.nhs.uk #NWCOVID19







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COVID-19 absence: Quick guide for parents and carers

COVID-19 (coronavirus) absence: A quick guide for parents / carers		
What to do if...	Action needed	Back to school...
 <p>...my child has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> Child shouldn't attend school Child should get a test Whole household self-isolates while waiting for test result Inform school immediately about test results 	<p>...when child's test comes back negative and child has been without a fever for at least 48 hours and well. If no test results available, child should complete 10 days isolation</p>
 <p>...my child tests positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> Child shouldn't attend school Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms) Inform school immediately about test results Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i> 	<p>...when child feels better, and has been without a fever for at least 48 hours</p> <p>They can return to school after 10 days even if they have a cough or loss of smell / taste. These symptoms can last for several weeks once the infection is gone.</p>
 <p>...somebody in my household has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> Child shouldn't attend school Household member with symptoms should get a test Whole household self-isolates while waiting for test result Inform school immediately about test results 	<p>...when household member test is negative, and child does not have COVID-19 symptoms*</p>
 <p>...somebody in my household has tested positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> Child shouldn't attend school Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i> 	<p>...when child has completed 14 days of self-isolation, even if they test negative during the 14 days</p>

* Symptoms include at least one of a high temperature; a new continuous cough; ¹ a loss of or change to your sense of smell or taste. See more at: www.nhs.uk/conditions/coronavirus-covid-19/symptoms

 Cheshire West and Chester





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What to do if...	Action needed	Back to school...
 <p>...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days • Rest of household does not need to self-isolate, unless they are a 'close contact' too 	<p>...when the child has completed 14 days of self-isolation, even if they test negative during those 14 days</p>
 <p>...we / my child has travelled and has to self-isolate as part of a period of quarantine</p>	<ul style="list-style-type: none"> • Do not take unauthorised leave in term time • Consider quarantine requirements and FCO advice when booking travel • Provide information to school as per attendance policy <p>Returning from a destination where quarantine is needed:</p> <ul style="list-style-type: none"> • Child shouldn't attend school • Whole household self-isolates for 14 days – even if they test negative during those 14 days 	<p>...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days</p>
 <p>...we have received advice from a medical / official source that my child must resume shielding</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Contact school as advised by attendance officer / pastoral team • Child should shield until you are informed that restrictions are lifted and shielding is paused again 	<p>...when school / other agencies inform you that restrictions have been lifted and your child can return to school again</p>
 <p>...I am not sure who should get a test for COVID -19 (coronavirus)</p>	<ul style="list-style-type: none"> • Only people with symptoms* need to get a test • People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive 	<p>...when conditions above, as matching your situation, are met</p>

For further information:
gmhscp.contacttracing@nhs.net
[gov.uk/backtoschool](https://www.gov.uk/backtoschool)

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- **A cold, flu or Coronavirus?**

A blocked or runny nose, a sore throat and a cough are common, especially in the winter. But how do you know if you have coronavirus? Check you symptoms in the video as featured on the BBC website:

<https://www.bbc.co.uk/news/av/health-54182329>



A cold, flu or coronavirus - which one do I have?

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