

Principal's Message - Week Ending 09 10 20

Dear Parents and Carers,

If you would like to watch a video version of this message, you can view it here: <https://youtu.be/tAK1I2KHFT4>

COVID-19 update

Here are some questions that parents have asked recently, and the answers provided in the information contained in the Cambridgeshire and Peterborough Authorities' **'Quick Guide for Parents'** (attached):

1. If I had COVID-19 symptoms, have now been tested and the test result is negative, can I return to school/work?

*Answer: Yes, **provided** you are well, no one in your household has COVID-19 symptoms and you have not been asked to self-isolate by NHS Test and Trace as a result of being in close contact of someone else who tested positive.*

1. If I have COVID-19 symptoms, do other members of my household need to self-isolate pending the result of me being tested?

Answer: Yes. They can stop self-isolating if your test result comes back negative, provided none of them have symptoms. If your result comes back positive, they must continue to self-isolate for 14 days from when you first had symptoms.

1. If I have been identified as a close contact of someone who has tested positive for COVID-19 through the NHS Test and Trace system, and I am self-isolating as a result, if I take a test and it comes back negative, can I stop self-isolating and return to school/work?

Answer: No. You must continue to self-isolate for 14 days from your last contact with the confirmed case.

Essential equipment in the time of COVID-19

In the September School Reopening booklet we sent everyone, we added one extra item to the school's essential equipment list as a result of the pandemic - a whiteboard pen. This is for pupils to use with the whiteboard we gave them. Teachers are reporting that some pupils' whiteboard pens have dried up, or they have lost their whiteboard pen, which makes it very difficult for them to use the whiteboard. We would be very grateful if you could check that your child has a working whiteboard pen and if they don't, please help them to get one (preferably blue or black). Most supermarkets have them in the stationery section or you could buy them online – for example at:

https://www.amazon.co.uk/Paper-Mate-Whiteboard-Markers-Assorted/dp/B07XB4QC1C/ref=sr_1_10?dchild=1&keywords=whiteboard+pen&qid=1602059913&sr=8-10

Hinchingbrooke School Parent Governor vacancy

Just a final reminder that if you would like to apply to be a governor at Hinchingbrooke, the deadline is Tuesday 13 October. Information on becoming a Parent Governor together with a self-nomination form can be found on the school's website [Parent Governor Vacancy](#)

Please return the completed self-nomination form to Debbie Warner on dw@hinchbk.cambs.sch.uk by Tuesday 13 October.

Year 8 bike racks update

We have ordered the new bike racks and they should be built and in place inside the school by the end of the half-term holiday.

Safe cycling

We are delighted that so many pupils are cycling to and from school! As the evenings get darker and the weather less warm, please do ensure that if your child cycles to school they have the correct equipment, including a helmet, lights and coat. In addition, it is important that students cycle safely and responsibly, respecting the Highway Code on their journey to and from school. Students in uniform are ambassadors for our school and we want to ensure they conduct themselves as well outside of school as they do when they are here with us.

Learning walks around school by senior staff

Senior staff walk around the school all the time, visiting lessons to see how things are going, and they report very high levels of concentration from our pupils. It is really clear that the vast majority of HBK pupils apply themselves really well to their work, every lesson every day – what a great thing to be able to report to you, as parents! Well done to our HBK pupils!

Keep safe.

Best wishes

Mark Patterson

Principal

What are the Rules on Self Isolation? – a Quick Guide for Parents

	If the person has any of the <u>Covid-19 symptoms</u> (a high temperature, a new continuous cough, or a loss or change to their sense of smell or taste) and is awaiting a test result	If the person has <u>tested positive</u> for Covid-19
The individual person	<p>Must self-isolate until the test result is received.</p> <ul style="list-style-type: none"> If this is positive, see right hand column. If negative, the individual may end their self-isolation if they are well, no one in their household or support bubble has symptoms and they have not been asked to self-isolate by NHS Test & Trace. 	<p>Must self-isolate for 10 days from the start of symptoms and until there is no high temperature.</p>
The person's household	<p>Must self-isolate until the test result is received.</p> <ul style="list-style-type: none"> If this is positive, see right hand column If negative, the household may end their self-isolation if no one has symptoms and they have not been asked to self-isolate by NHS Test & Trace. 	<p>Must self-isolate for 14 days from the start of their symptoms, or from the date of the positive test taken (if the individual has no symptoms). If any member of the household develops symptoms at any point during the 14 days, they must self-isolate for 10 days from the start of their symptoms and get tested.</p>
The person's contacts (see below for details of who a contact is)	<p>They do not need to self-isolate unless they develop symptoms or the person tests positive.</p>	<p>Must self-isolate for 14 days from the last contact with the confirmed case. If they develop symptoms during the 14 days, they must self-isolate for 10 days from the start of their symptoms and get tested.</p>
The households of the person's contacts	<p>Do not need to self-isolate unless the Contact develops symptoms.</p>	<p>Do not need to self-isolate unless the Contact develops symptoms.</p>

A 'contact' is a person who has been close to someone who has tested positive for Covid-19 anytime from 2 days before the person had symptoms (or a positive test if no symptoms) and up to 10 days from the start of their symptoms (when they are infectious to others). So this means anyone who:

- Is in their household (living together, sharing kitchen or bathroom)
- Has been closer to them than 1m for one minute or longer
- Has been within 2m of them for more than 15 minutes
- Has had face-to-face contact (within 1m), been coughed on or had skin-skin physical contact
- Has travelled in a small vehicle with them, even on a short journey.

You may also find [this diagram](#) about actions to take if someone in your household develops Covid 19 symptoms helpful.