



# MAHARISHI SCHOOL

CONSCIOUSNESS - BASED EDUCATION

17 March 2020

Dear parents and carers,

As you will be aware, the government advice to schools and to the public is evolving on a daily basis. The advice today is as follows:

- if you live alone and you have symptoms of coronavirus (COVID-19), however mild, **stay at home for 7 days from when your symptoms started**
- if you live with others and you or another member of the household have symptoms of coronavirus, then **all household members 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. It is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- for anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14-day isolation period.

The symptoms are:

- A high temperature (37.8+ degrees)
- A new, continuous cough

The full stay at home guidance for households with these symptoms can be found here:

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

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Please continue to inform the school of any absence, whether related to coronavirus or not. If you are self-isolating, please give the reason and the date of the start of the self-isolation. Ideally, we would prefer to receive this information by email as this will give us more capacity to deal quickly with parents who need to speak to a member of staff for advice.

For safeguarding reasons, please provide an update **EVERY DAY**. This can also be by email. Please be as detailed and specific as possible with the information you relay to the school to ensure that we are recording the correct information. We may contact you if we need any more information.

As you can imagine, calls and emails to the school office have greatly increased. To help us to manage the situation as effectively as possible, please check the school website, which has links to the most recent government advice for the public, before contacting us for advice regarding school attendance.

**Please contact the school prior to returning a pupil to school following a period of self-isolation.** This will help us to keep our records up to date so that we can do our very best to protect and support the whole of our school community

Thank you for your support. Take care of yourselves and each other.

Kind regards

A handwritten signature in black ink, appearing to be 'Lisa Edwards', written in a cursive style.

Lisa Edwards