



20th March 2020

Dear Parent / Carer

The school have received notification this morning that Mrs Tewkesbury, Year 3 teacher, has developed a cough and high temperature.

In line with current government advice, Mrs Tewkesbury and her family are now self-isolating at home.

Guidelines indicate that there is no immediate action required by those who may have been in contact with Mrs Tewkesbury but please continue to monitor all children carefully over this difficult period and if they show any of the symptoms, please follow the guidance below.

Stay at home if you have either:

- 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)

Do not go to a GP surgery, pharmacy or hospital.

Use the 111 online coronavirus service to find out what to do:

<https://111.nhs.uk/covid-19/>

Look after one another,

Rhian Nicholas



Registered Office: Pilton Bluecoat Academy, Abbey Road, Barnstaple, EX31 1JU T: 01271 345952

Mrs R Nicholas – Executive Headteacher

COMPANY REGISTRATION NUMBER 8110847