



ICKBURGH SCHOOL
Kenworthy Road, Hackney, London E9 5RB
Head Teacher Mr J Sieber
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Friday 20th March

Dear Parent/Carer

Coronavirus update

Following the government announcement yesterday, Ickburgh School will continue to remain open next week and until further notice because all of our pupils have Education Health Care Plans. This has been confirmed by Hackney Learning Trust.

As you are aware, pupils identified as being especially vulnerable are not permitted to attend the school until at least Easter for their protection. For some other pupils, parents have taken the decision to take their child out of school, in some cases because of other members of the household who are at increased risk (the list of relevant conditions is summarised on the following page). We are also supporting staff members who are at high risk, or live with or care for someone who is at high risk, to work from home.

If you decide to take your child out of school at this time, we will support with daily welfare calls and home learning. Please call school to let us know of your decision.

At this very challenging time, please continue to see us as a source of support, whether your child is currently attending or not. Please get in touch for advice or if we can support in any way, or even just to share your concerns if you are feeling isolated.

Yours, with best wishes

Joe Sieber
Headteacher

Coronavirus measures

Taking pupils' temperature at the start of the day and arranging self-isolation if required
Staff members taking own temperature before school and self-isolating if required
Cancelled assemblies and large-scale meetings
Regular handwashing for staff members and pupils
Increased cleaning: daily cleans of the school, and extra cleans during the day
Reducing and screening visitors to the school



Public Health
England

We are advising those who are at increased risk of severe illness from coronavirus (COVID-19) to be particularly stringent in following social distancing measures.

This group includes those who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):
 - chronic (long-term) respiratory diseases, such as [asthma](#), [chronic obstructive pulmonary disease \(COPD\)](#), emphysema or [bronchitis](#)
 - chronic heart disease, such as [heart failure](#)
 - [chronic kidney disease](#)
 - chronic liver disease, such as [hepatitis](#)
 - chronic neurological conditions, such as [Parkinson's disease](#), [motor neurone disease](#), [multiple sclerosis \(MS\)](#), a learning disability or cerebral palsy
 - [diabetes](#)
 - problems with your spleen – for example, [sickle cell](#) disease or if you have had your spleen removed
 - a weakened immune system as the result of conditions such as [HIV and AIDS](#), or medicines such as [steroid tablets](#) or [chemotherapy](#)
 - being seriously overweight (a body mass index (BMI) of 40 or above)
- those who are pregnant

People falling into this group are those who may be at particular risk due to complex health problems such as:

- people who have received an organ transplant and remain on ongoing immunosuppression medication
- people with cancer who are undergoing active chemotherapy or radiotherapy
- people with cancers of the blood or bone marrow such as leukaemia who are at any stage of treatment
- people with severe chest conditions such as cystic fibrosis or severe asthma (requiring hospital admissions or courses of steroid tablets)
- people with severe diseases of body systems, such as severe kidney disease (dialysis)

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

NHS Guidance

Stay at home if you have coronavirus symptoms

Stay at home if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

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

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

How long to stay at home

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

Read our [advice about staying at home](#).

Urgent advice: Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

Only call 111 if you cannot get help online.