

Rise Carr



Rise Carr College
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13th October 2020

Dear Parent/Carer,

As you will be aware from midnight tonight Darlington is going into Tier 2 restrictions in terms of Covid-19 rules. This means that from tomorrow students and staff will need to wear face coverings in communal areas of school. Can you please ensure that your child attends school with their face covering? If you have any concerns about this or your child has a medical exemption can you please contact me as soon as possible to prevent any problems arising in school due to this.

The Tier 2 restrictions mean that:

- You must not meet socially with friends and family indoors in any setting unless you live with them or have formed a social bubble. This includes private homes, and any indoor venues such as pubs and restaurants
- The 'Rule of 6' applies in outdoor spaces
- Social distancing and a 10pm curfew will be maintained in leisure and entertainment venues
- Fines can be issued to anyone not sticking to the rules

For further more detailed information please see the gov.uk website or the Darlington Borough Council website.

In school this means, students must continue to work within their 'class bubbles', please remind your child the importance of this to keep themselves, and other staff and students safe. All staff, visitors and students above Year 7 must wear face coverings in communal areas such as in the corridors.

We continue to review or risk assessments regularly in school to keep Rise Carr College a safe and secure environment for your children, please support us with this by reminding them of the importance of following the rules laid down by the government.

If you have any concerns about this please contact myself, Sam or Clare as soon as possible.

Kind regards and take care

Sally Hudson
Head Teacher

Check if you or your child has coronavirus symptoms

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible.

Stay at home until you get the result.

Main symptoms

The main symptoms of coronavirus are:

- **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

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.
3. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Get a test to check if you have coronavirus

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

- you're worried about your symptoms
- you're not sure what to do

Use the NHS 111 online coronavirus service

Call 111 if you cannot get help online. **Do not** go to places like a GP surgery, hospital or pharmacy.