



Dear Parents/ Carers

A Reminder about Self Isolation Rules for Students Sent Home from School

Central Foundation Girls' School follows Government and NHS rules for COVID and self-isolation very strictly. If a student is sent home to self-isolate, it is essential that she too follows these rules. We thank those students who have been self-isolating according to the rules and ask that the very few who are not following the rules strictly to please do so to keep everyone safe.

If a parent or student is in doubt about the guidance provided, the requirements are listed below:

- Students who are self-isolating **must** remain at home and indoors for **all** of the self-isolation period. They can only go out after the last date of self-isolation given to you in your original letter.
- Even if your daughter has a test and it is negative she **cannot** return to school until she has completed all of the self-isolation period.
- She is **not** allowed go to any shops to buy food or any other goods; **not** allowed to use tubes, buses or taxis.
- She must **not** visit any friends or family outside of the home and must **not** have anyone, including relatives visit them.
- She **must** take her exercise in your home; she is **not** allowed outside to exercise, unless it is in your own private garden or yard.
- She **must** also keep a **safe distance** from the other people in your house, wear a **mask**- if possible, and **wash** her hands regularly with soap and water, or alcohol gel.
- The only time she is allowed to leave your home whilst self-isolating is to get emergency medical care.

Self-isolating at home properly protects family, friends, staff and students at school, members of the public and the NHS.

Thank you for following these self-isolation rules and keeping everyone safe.

Yours sincerely,

Ms E. Holland
Headteacher

Transforming



Challenging



Valuing



Empowering

