

## Arun Court – Proprietor Newsletter #3 March 2020 -

### Coronavirus Update

#### SELF-ISOLATION CASES

We still do not have any ‘confirmed’ cases as the NHS is not testing those with milder symptoms who are self-isolating. We do however have a family that has taken advice from NHS111 to self-isolate and a staff member who is now in isolation.



#### SCHOOL RESPONSE

We have contacted the NHS and the LEA. The advice is to stay open and to continue with the increased cleaning and hygiene methods already in place. IF SCHOOLS DO CLOSE WE WILL CONTINUE TO SUPPORT YOUR YOUNG PEOPLE. We have a plan in place and have set up ‘Google Classrooms’ with every 3 students having a lead teacher to help them with their studies. You will also receive well-being calls and call to enable students to discuss work.

#### YOU SHOULD CALL THE NHS HOTLINE AND SELF-ISOLATE FOR 14 DAYS IF YOU HAVE, OR IF A FAMILY MEMBER HAS, ONE OR BOTH OF THESE SYMPTOMS:

A fever (37.8 Degrees or above)  
A new continuous cough  
CURRENT RESEARCH suggests that symptoms occur after 3 days of being exposed to the virus, and after 7 days you are past the contagious phase. The research is developing and advice is altering all the time, so keep up to date with RELIABLE sources of information such as:  
BBC and C4 news / who/  
The NHS website

**THE ADVICE FOR CHILDREN EXPRESSING INCREASED SUICIDAL THOUGHTS HAS NOT CHANGED. TAKE THEM TO YOUR GP OR A&E IF YOU CAN'T GET A CAMHS APPOINTMENT AND FEAR FOR THEIR SAFETY; PLEASE DO NOT AVOID ESSENTIAL SERVICES DUE TO FEAR OF COMING INTO CONTACT WITH PEOPLE WHO MAY HAVE THE VIRUS.**

#### SYMPTOMS TABLE

HAVE I GOT A COLD, FLU OR COVID-19?			
SYMPTOMS	CORONAVIRUS	COLD	FLU
FEVER	Common	Rare	Common
FATIGUE	Sometimes	Sometimes	Common
COUGH	Common (usually dry)	Mild	Common (usually dry)
SNEEZING	No	Common	No
ACHES & PAINS	Sometimes	Common	Common
RUNNY OR STUFFY NOSE	Rare	Common	Sometimes
SORE THROAT	Sometimes	Common	Sometimes
DIARRHOEA	Rare	No	Sometimes for children
HEADACHES	Sometimes	Rare	Common
SHORTNESS OF BREATH	Sometimes	No	No

#### What is coronavirus?

[Coronavirus](#) is the name for a large family of viruses that cause illness ranging from the common cold to more severe diseases such as SARS.

**IF YOU DECIDE TO SELF-ISOLATE PLEASE CALL US TO LET US KNOW . IF STUDENTS FEEL WELL ENCOURAGE THEM TO USE THEIR IXL LOG INS AND KEEP IN CONTACT WITH FRIENDS VIA TEXT ETC. ISOLATION IS VERY DIFFICULT FOR YOUNG PEOPLE WITH ANXIETY AND DEPRESSION. STUDENTS CAN ALSO LOOK AT THE NEW WEBSITE SECTION FOR ‘WORKING AT HOME’.**

## GREEN FINGERS!



Vicki and I were really pleased to take students for an unexpected 'incidental reward' activity on Friday! Cameron and Lily-May were rewarded for their hard work and positive attitude to GCSE studies by taking part in a cacti workshop at Squires in Bagshot Lea. They had a great time (plus a bonus free cup of tea and a cake!) and each created a bottle cacti and succulents garden. One of the 4 creations will be donated to the Nurture Room, with the others taken home as Mother's Day gifts.

This is the first of several planned 'incidental rewards' to recognise students who are not expecting it ... and perhaps are too modest about their achievements.





### **Thanks to Monique!**

Many thanks to Monique Bevan who recently visited the school to teach nails to interested students. We have an increasing group of young ladies interested in the beauty industry and this was a great opportunity to get advice and support from a professional!



### **National Sleep Day**

Friday was also National Sleep Day and Hannah prepared a useful leaflet with advice for our school community – many thanks to her for organising the day. Students enjoyed mindfulness activities and a very chilled Friday afternoon which was much needed after a week of heightened anxiety for many with the news being dominated by Coronavirus.



### **Diploma News**

Some students have shown such dedication to gaining AQA awards that we are now considering enrolling them on diploma level study courses. These courses are online so involve a degree of self-study, but with our teachers supporting. R-OUT-ES (the Big Bear college support service) works with a range of online providers and we are opening up the courses to students who feel they are ready to cope with the increased commitment and level of reading ability required. Diplomas and certified CPD are a great way of increasing employability and also useful for college applications.

We had lots more activities and trips planned, but with the current advice to avoid non-essential travel we will have to postpone them. We are currently also not performing any forms of massage at the school and are encouraging students to avoid close contact. We know this is a very worrying time for families, and many of you will be worrying about how to get students back into school after a potential prolonged period of isolation yet will also have conflicting emotions around keeping your young people safe. Rest assured we do understand, James and myself are both in more vulnerable groups due to pre-existing health conditions, and as you know we have young children ourselves. Please keep lines of communication open and positive; we really do want the best for your young people.