



16 March 2020

Dear Post 16 Students, Parents and Carers

Re: Covid-19 (coronavirus) UPDATE

There are currently no instructions from the Government to schools in the UK to close

We will keep all students, parents, carers and staff updated should this change. However, we should all be prepared in case this situation changes in the future.

We do not have any confirmed cases of the coronavirus at Cotham

This is the case for students, staff and parents/ carers. If this situation changes we will be informed immediately by Public Health England and we will take the necessary steps to inform you.

As individuals we will all have our own response to and feelings about the risks posed as a result of the coronavirus. Some of us may agree with the Government's response and others will not. However, currently the 'Delay Stage' does not include closure of schools and it does not include self isolating without coronavirus symptoms. *Please be aware that staff are not in the position to provide school work for students whose parents/ carers do not agree with the Government's current position on school closures or their current advice on when to self-isolate.*

As you might imagine staff at the school are under a significant amount of pressure on top of their existing workload to plan for any future significant and unforeseen disruption to the day to day operation of the School. However, we are working hard behind the scenes to make sure that contingency plans are in place should the current advice from the Government change. We will communicate with you in good time should this happen.

Contingency Planning

We will communicate with you in good time should there be more advice from the Government.

In the meantime please could all students do the following to support our planning:

- Ensure you have access to your class's google classroom from home.
- Ensure you have copies of textbooks and revision guides at home - and take all materials home with you every day.
- Use time while the school is open to print past papers, revision lists, glossaries etc. that you might need to work on at home. We have asked teachers to give advice to classes on which material is most important to have with you in the event of closure. All Post-16 students have print credits to allow this to happen.



2/Continued....

Lessons etc. in school

School is open as normal. All lessons are running as usual. Students should attend school and all their lessons unless, according to NHS England guidance they have either:

- a high temperature
- a new, continuous cough

In the case of the above the guidance is to self isolate for no less and no more than 7 consecutive days.

Year 12 Parents' Evening- cancelled

We will not be holding Year 12 Parents' Evening on 26 March given concerns about avoidable mass attendance events. We will contact you separately about this.

Public Examinations- no change

The expectation at this time is that A level, BTEC and GCSE examinations and coursework will continue as normal. We will communicate with you formally by email to keep you up to date should arrangements for Public Examinations change.

Advice regarding Covid 19 (coronavirus) and Self-Isolation

Please take very special care to follow government advice (see NHS link below) and do your bit to help delay the spread of the virus.

- Wash your hands regularly
- Avoid touching your eyes, nose and mouth
- Self isolate immediately for 7 days if you develop a temperature and/or a new, continuous cough.

The best source for information is the [NHS 111 website](#) - which should be your first port of call if you are concerned. You will find full information about how to isolate yourself, and all up to date information and guidance.

Self Isolating Students - keep us updated

If you are self-isolating at a time that the school is open please ensure a parent or carer has let us know by emailing p16absence@cotham.bristol.sch.uk

Parents and Carers- keep us updated

If you believe that you may have been exposed to coronavirus (COVID-19) please inform the School immediately by phoning **0117 919 8100** or emailing post16@cotham.bristol.sch.uk



3/Continued....

Students- your wellbeing

This is undoubtedly a time of uncertainty, and it would be quite natural for anyone to feel under extra pressure. Please remember that any disruption will be affecting students all over the country, and if you continue to work diligently on the assignments you are set there is no need to worry about falling behind. Also remember that evidence suggests that the effects of coronavirus are likely to be mild in young people of good health, and that the health service is going to great lengths to ensure that care is available should it be needed (see advice above).

If you feel that your mental health is suffering during this challenging time remember that there are a range of strategies you can employ to help feel on top of things. These include taking exercise where possible and appropriate, ensuring you get enough sleep, taking regular rest breaks from work, talking about your concerns with others (friends, family, school staff, GP) and/or looking online for help and support. Useful links can be found in our wellbeing bulletins [here](#).

As ever if you are concerned about the wellbeing of a friend let Mrs Quirke or Miss Beaver know using the contacts below. If the school is closed we will do our best to make contact and signpost the support that is available.

Staying in touch

Students, parents and carers can contact us at post16@cotham.bristol.sch.uk. We will do our best to answer concerns and queries as quickly as possible. Please also continue to check your school email regularly as we use this as our main channel of communication with students, and we will use this channel to update you about public exams and other important info.

In the meantime keep in touch and speak to your tutor if you have any concerns. We are here to support you in ensuring you can meet that challenge.

Yours faithfully

Ms E Quirke
Assistant Headteacher Post 16 Cotham Learning Community