



# St Martin-in-the-Fields High School for Girls

11-19 Church of England Academy Founded 1699

*Service Compassion Justice Perseverance*

Tuesday 17 March 2020

Dear Families,

I am writing to you again today as yesterday evening the Government upgraded their advice and there are some changes to what I outlined in my letter of 16 March particularly around self isolation.

## What is the latest coronavirus advice?

- If you live alone and have a high temperature or a new and continuous cough, you should self-isolate for seven days
- If you live in a household with others and have a high temperature or a new and continuous cough, both yourself and all others in your household should stay isolated together for 14 days
- Everyone, including if you are not displaying symptoms yourself and live in a household where no one is displaying symptoms, should stop all unnecessary contact with others and

all

unnecessary travel

- You should work from home where possible and avoid venues such as pubs, clubs, theatres and restaurants
- Pay particular attention to the advice if you are over 70, pregnant, have underlying health problems or live in London
- Don't call the NHS 111 helpline if you have mild or moderate illness and instead seek advice online. But do call if your illness becomes more severe.

The Government has also stepped up their strategy to slow down the spread of the Coronavirus and put new measures in place. Many of these will impact on staffing and running the school. I am doing everything possible to keep the school operating smoothly. You will see the new measures below and the final bullet point, in bold, makes it clear that there is still no change to the Government's decision and schools will remain open.

## The PM has said everyone in the UK should avoid "non-essential" travel and contact with others to curb coronavirus -

- Boris Johnson said people should work from home where possible as part of a range of stringent new measures.
- Pregnant women, people over the age of 70 and those with certain health conditions should consider the advice "particularly important", he said.
- People in at-risk groups will be asked within days to stay home for 12 weeks.

## The key new government measures are:

- Everyone should avoid gatherings and crowded places, such as pubs, clubs and theatres
- Everyone should work from home if they can
- All "unnecessary" visits to friends and relatives in care homes should cease
- People should only use the NHS "where we really need to" - and can reduce the burden on workers by getting advice on the NHS website where possible
- By next weekend, those with the most serious health conditions must be "largely shielded from social contact for around 12 weeks"
- The UK is now "three weeks" behind Italy - the worst-hit country in Europe
- If one person in any household has a persistent cough or fever, everyone living there must

Headteacher Mrs Beverley Stanislaus B.Ed. NPQH

155 Tulse Hill London SW2 3UP T 020 8674 5594 F 020 8674 1379 [www.stmartins.academy](http://www.stmartins.academy)

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**WITH LOVE AND LEARNING**



stay at home for 14 days

- Those people should, if possible, avoid leaving the house "even to buy food or essentials" - but they may leave the house "for exercise and, in that case, at a safe distance from others"
- **Schools will not be closed for the moment**

We are dealing with unprecedented circumstances and are doing our utmost to maintain a safe and orderly learning environment and a community that works together for the greater good.

Thank you for your patience and your continued support.

*God is our refuge and strength, an ever present help in trouble. Psalm 46:1-2*

Best wishes

A handwritten signature in black ink, appearing to read 'Beverley Stanislaus', written in a cursive style.

Beverley Stanislaus  
Headteacher