

# St Joseph's Catholic Primary School, Anderton

With love we grow

6th November 2020

Dear Parents

Some useful information:

**The most common symptoms of coronavirus (COVID-19) are recent onset of:**

- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia)

**How to stop COVID-19 spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

wash your hands with soap and water often - do this for at least 20 seconds

use hand sanitiser gel if soap and water are not available

wash your hands as soon as you get home

cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

put used tissues in the bin immediately and wash your hands afterwards

**Early Help Support**

The Children and Family Wellbeing Service offer a programme of group activity for all ages through on-line group sessions which are run across the daytime and evening. The service also provides a confidential telephone helpline, text message, email enquiry and online webchat services where young people and their families can obtain advice and support on a range of issues. You can obtain details of the group work programme or access the helpline by contacting Talkzone 365 days per year, from 8.30am to 10pm during the week and from 2pm to 10pm at weekends and Bank Holidays at;

- Telephone: 0800 51 11 11
- Text: 07786 51 11 11
- Email: [talkzone@lancashire.gov.uk](mailto:talkzone@lancashire.gov.uk)
- Talk on-line in a private and confidential space by logging onto:

<https://www.lancashire.gov.uk/youthzone/get-in-touch/>

CFW also offer more individualised 1-2-1 support where needs are identified. This can be accessed by your school making a referral on your behalf. If your child requires additional support please make contact with your school who will be able to discuss this with you.

<https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/>

**Further Information**

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely

Mrs Brownsey

HEAD TEACHER FIONA BROWNSEY

Rothwell Road, Anderton, Chorley, PR6 9LZ Tel: 01257 480598

E-mail: [head@st-josephs-anderton.lancs.sch.uk](mailto:head@st-josephs-anderton.lancs.sch.uk)

Website: [www.st-josephs-anderton.lancs.sch.uk](http://www.st-josephs-anderton.lancs.sch.uk)



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