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Dear Parents/Carers

I write at the start of this new half-term with clarification on the current COVID guidance for schools, following the announcement by the Prime Minister last week. Despite the soundbite message being that all restrictions have now ended, there is guidance for schools and colleges which has greater detail. Although legal requirement to isolate is ending, adults and children who test 'positive' continue to be advised to stay at home and avoid contact with other people for at least 5 full days and then continue to follow the guidance until they have received 2 'negative' test results on consecutive days.

Students and staff will no longer be expected to undertake twice-weekly tests. However, we may still ask students to undertake tests in the event of an outbreak within a particular year group or class.

The guidance suggests that:

If you have any of the main symptoms of COVID-19, you should get a PCR test to check if you have COVID-19 on GOV.UK as soon as possible. This is a test that is sent to a lab.

While you're no longer required by law to self-isolate if you have COVID-19, you should still stay at home and avoid contact with other people. This helps reduce the chance of passing COVID-19 on to others. This advice will be updated on 1 April 2022.

You should:

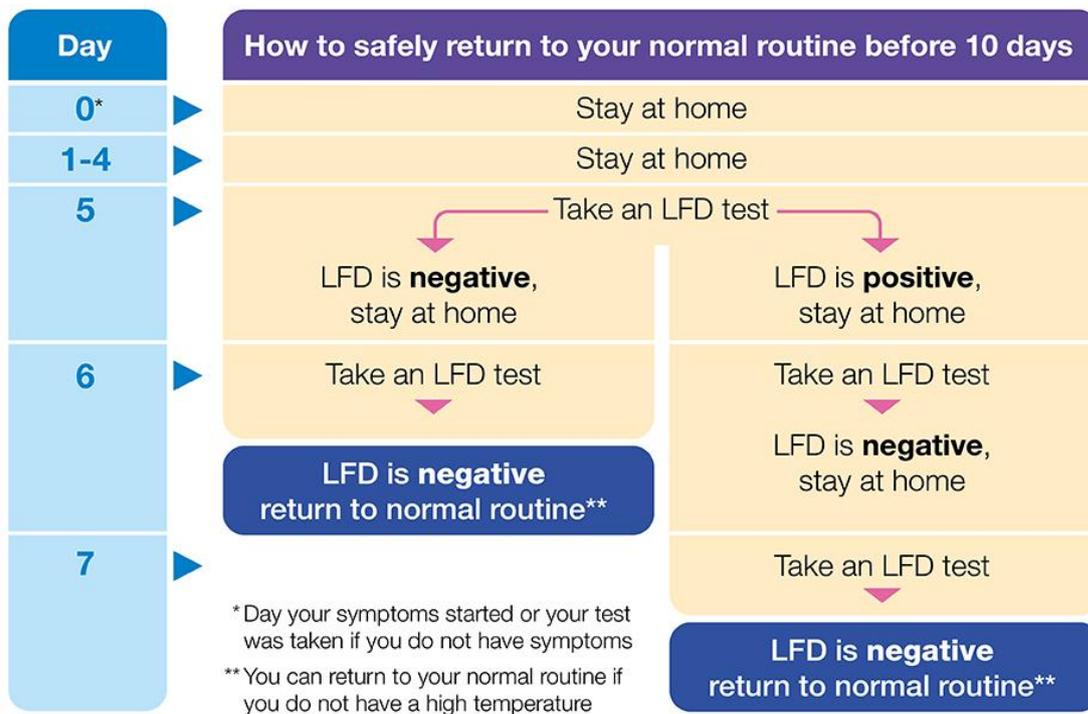
- *not attend work. If you are unable to work from home, you should talk to your employer about options available to you. You may be eligible for Statutory Sick Pay*
- *ask friends, family, neighbours or volunteers to get food and other essentials for you*
- *not invite social visitors into your home, including friends and family*
- *postpone all non-essential services and repairs that require a home visit*
- *cancel routine medical and dental appointments. If you are concerned about your health or you have been asked to attend an appointment in person during this time, discuss this with your medical contact and let them know about your symptoms or your test result*

- if you can, let people who you have been in close contact with know about your positive test result so that they can follow this guidance

Children and young people with COVID-19 should not attend their education setting while they are infectious. They should take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these tests results are negative, they should return to their educational setting if they normally attend one, as long as they feel well enough to do so and do not have a temperature. They should follow the guidance for their educational setting.

Many people will no longer be infectious to others after 5 days. You may choose to take a Lateral Flow test (LFT) from 5 days after your symptoms started (or the day your test was taken if you did not have symptoms) followed by another LFT the next day. If both these test results are negative, and you do not have a high temperature, the risk that you are still infectious is much lower and you can safely return to your normal routine.

The guidance is simply summarised in this diagram:



Guidance for parents and carers

<https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak/step-4-update-what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges>

Guidance for those with COVID-19

<https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts/covid-19-people-with-covid-19-and-their-contacts>

NHS COVID-19 guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

We will continue to use Teams to set work for students who are absent from school following a 'positive' test.

Please contact the school if you have any questions about this matter.

Yours sincerely,

Dr A Sievewright
Headteacher