

7<sup>th</sup> January 2022

Dear Parents/Carers,

Happy New Year! I hope you and your family have enjoyed a lovely Christmas break. We are very much looking forward to welcoming students and staff back next week. Please remember that students should return at their normal time on Tuesday 11<sup>th</sup> January 2022.

I am sure you will appreciate that, given the latest more transmissible variant of Covid being prevalent and cases being significantly high and increasing nationally, we must once again revisit and review our safety measures to ensure that the health and wellbeing of the whole community is safeguarded.

### Face Coverings

The Government again recommends that face coverings should be worn in classrooms or during activities, unless social distancing can be maintained, in addition to all communal areas. This does not apply in situations where wearing a face covering would impact on the ability to take part in exercise or strenuous activity, for example in PE lessons.

We fully understand and recognise that for some students and members of staff, it is not recommended or possible to wear face coverings due to medical exemptions. If your child is exempt, please [click here](#) to complete the mask exemption form, if you haven't already done so already, before Tuesday 11<sup>th</sup> January 2022. This will allow us to provide your child with an exemption card on their return.

### Lateral Flow Device (LFD) testing

Following the letter being sent out prior to Christmas in relation to LFD testing, parents/carers who have chosen for their child to take part should have now received an appointment slot for Monday 10<sup>th</sup> January 2022. If you completed the form to opt in but have not received this email, please ensure you check your junk mail and if necessary contact our Business Manager, Miss Walsh on [awalsh@nusa.org.uk](mailto:awalsh@nusa.org.uk) who will be able to resend the email to you.

Students should continue to take the lateral flow tests provided by school twice each week, with one of these being completed on Sunday evenings to minimise disruption to other students' learning should a positive test be recorded. We recommend the other test should be completed on Wednesday evenings.

If you would like your child to receive LFD tests from school, please [click here](#) to complete the consent form, your child will then be able to collect them from reception.

As per government guidance, from 11<sup>th</sup> January a positive lateral flow test no longer requires a confirmatory PCR test. Instead, the lateral flow result must be registered using the government website and the individual MUST self-isolate straight away. You should register results by [clicking here](#). Track and Trace will then be in touch regarding next steps. You must follow the self-isolation guidance below.

### **Illness**

Please do not send your child to school if they are unwell or displaying any symptoms whatsoever, even if they have tested negative on an LFD. According to the NHS, the classic Covid symptoms we should be on the lookout for are:

- a new, continuous cough
- a high temperature
- a loss or change to your sense of smell or taste

However, the Omicron variant can feel "more like a bad cold" and the three classic main symptoms may be less common now. The top three symptoms now seem to be:

- headaches
- a sore throat
- a runny nose

The advice is clear - if anyone in your family feels a bit rundown, don't assume it's just a seasonal cold – it is best to get a PCR test straight away and stay at home. Students must remain at home whilst they await the result of a PCR test.

## **Self-isolation Guidance**

Anyone who receives a positive covid test (this includes a PCR or LFD test), must self-isolate, even if they have no symptoms. The diagram below shows how long you will need to self-isolate for. Only those individuals who are have tested positive are eligible to end isolation early, subject to receipt or two negative tests as guided below. Close contacts of positive cases **are not** able to end isolation early and **MUST** complete 10 full days.

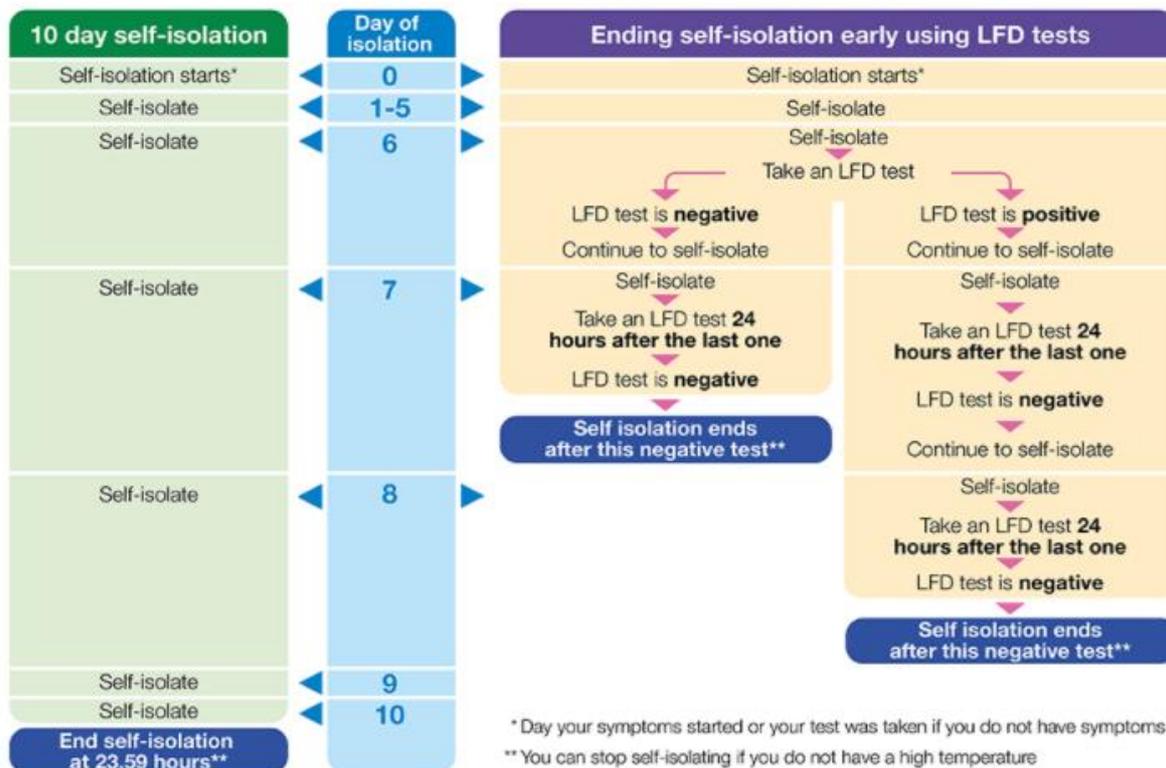
**Close contacts of positive cases (this includes every one in their household), must self-isolate for 10 full days, regardless of the results of covid testing.**

Close contacts may be exempt from self-isolation for one of the below reasons:

- You are taking part in daily LFD testing **and** you are fully vaccinated. Fully vaccinated means you have had 2 doses of an approved vaccine such as Pfizer BioNTech, AstraZeneca or Spikevax (formerly Moderna). You are also fully vaccinated if you have had one dose of the single-dose Janssen vaccine;
- You are taking part in daily LFD testing **and** you are below 18 years 6 months;
- You are taking part in daily LFD testing **and** you have taken part in or are currently part of an approved COVID-19 vaccine trial;
- You are taking part in daily LFD testing **and** you are not able to get vaccinated for medical reasons.

**Isolation explained for those who have tested positive:**

**Examples of when to end self-isolation if you have had COVID-19 symptoms or have received a positive COVID-19 test result**



More information on self-isolation can be found on the government website, by [clicking here](#).

If you have any concerns or queries regarding any of the above, please do not hesitate to contact me on [ehoward@nusa.org.uk](mailto:ehoward@nusa.org.uk)

Take care,

Emma Howard

Headteacher