



**Headteacher**

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Tuesday 11<sup>th</sup> January 2022

Dear Parents/Carers and Staff team

**Covid Testing and Self-Isolating**

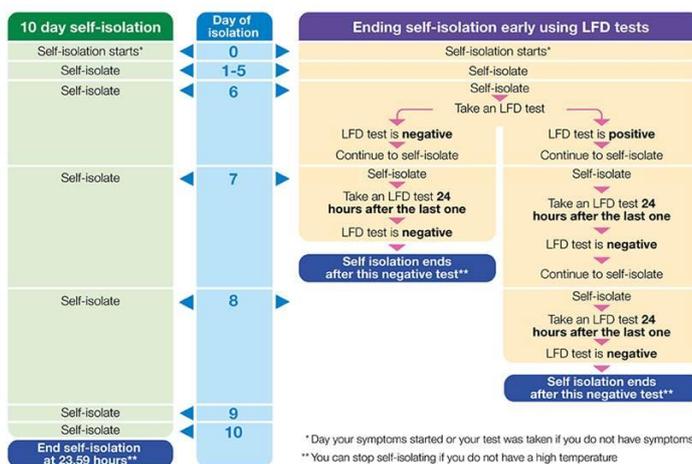
Continued thanks for your vigilance and support in helping to keep Covid cases so low in our school. Even with the new variant we currently only have four children and no adults off with Covid: long may it continue. As of Tuesday 11<sup>th</sup> January, here are some key points to bear in mind regarding testing for Covid and self-isolating:

**Tests: LFT or PCR?**

- 1) If you/your child are showing Covid symptoms, please arrange for a PCR test to be taken (at a centre or via the post) and stay away from school until the result is known.
- 2a) If you / your child are not showing symptoms but wish to test for Covid then use an LFT test.
- 2b) If the result of the LFT is positive you do not now need to take a confirmatory PCR test, simply start self-isolating.

**Self-Isolation Period:**

- 3) The self-isolation period is still 10 days, but you may be able to stop self-isolating sooner. The diagram below and information attached explains the timings.
- 4) To summarise, from day #6 you can take a LFT; once you have had two clear LFTs on consecutive days you can immediately stop self-isolating.



More information can be found via this web-link: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#tests-for-covid-19> . If both parents are self-isolating then clearly getting your child to school could be an issue. There are a number of ways around this, for example, arrange for a friend to cover the school-run or arrange for your child to stay with relatives/friends close to school. It will take some time for us all to get used to the new NHS/government guidance, but if you have any queries we will try and answer them.

Kind regards

Richard Catchpole (Headteacher)



