

HIGH STANDARDS, HIGH ASPIRATIONS, HIGH EXPECTATIONS

11th January 2022

Dear Parent/Carer,

I know we have not long been back in the Academy but, as we have grown accustomed to over the last nearly 2 years, there have been some changes to national guidance around certain areas of testing and isolation which I wanted to ensure everyone had seen.

Isolation Period – Potential to reduce from 10 days to 7: recent changes to the self-isolation period in England mean that any students who has tested positive for coronavirus can potentially end their isolation and return to the Academy on Day 7 (Day 0 is the day they first had symptoms or took the test that was positive if they had no symptoms at all). To do this you have to:

- Take an LFD test early on **Day 6** – if it is negative you must remain in isolation until you...
- Take another LFD early on **Day 7** – if it is also negative you can come to school **that day**
- If the LFD on Day 6 is still positive then you must test negative on Day 7 & Day 8 and then end your isolation on Day 8 if both of those tests are negative.

If your child tests positive at any point and you need any support or guidance on interpreting the above please do feel free to contact us and we will support. [Official NHS guidance is here](#)

Close contact testing – for the last few months if you are identified as a close contact by NHS Test & Trace you were recommended to go and get a PCR. **This has now changed for children and vaccinated adults.**

The recommendation now is to take an LFD every morning for 7 days and if it is negative continue about your usual day. If it is positive on any of those days immediately start self-isolation and report the positive result to the NHS. You will then have to follow the isolation period as outlined above but everyone else in the household can carry on with their daily lives though they will now also have to test each day for 7 days.

90 day rule - Because of the omicron virus and its re-infection rates, anyone who has tested positive in the last 90 days should be invited to undertake LFD testing. This is a change from previous guidance where those who had tested positive were not recommended to take testing for 90 days. This is because early data suggests that those who have previously tested positive are still susceptible to spreading and developing the Omicron strain and the emerging data that suggests if you test negative on a series of LFDs and then produce a positive result subsequently it is likely to be a new infection rather than a false positive due to an historic infection.

PCR Change – from 11th January (today) **no** follow up PCR is required if you are asymptomatic (ie, do not have a new continuous cough or a fever or a loss of sense of taste and smell) and produce a positive LFD result. If you are symptomatic with the published symptoms (fever, new continuous cough, anosmia) then you should book a PCR test.

Vaccines for young people – All 12+ are now eligible for 2 doses. These can be booked [directly on NHS website here](#). Anyone aged 12+ is eligible for their first dose anytime (unless they have had confirmed covid in the last 84 days in which case they must wait 84 days from the time their covid started). Anyone 12+ who has had their first dose can have their second dose after 84 days (unless they have had confirmed covid in the last 84 days in which case they must wait 84 days from the time their covid started before having their 2nd injection).

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What we are doing in our academies

1. In line with the latest Government guidance (2 January 2022), all staff, parents/carers, visitors and pupils should **wear a face covering in communal areas and in classrooms.**
2. We will not be holding large gatherings (ie assemblies) in any Cabot Learning Federation academy with *mixed age groups* in restricted spaces.
3. We will continue to enhance our cleaning routines.
4. We will keep spaces well ventilated using the building active ventilation systems.
5. We will continue to pass advice and guidance from the Government, NHS and other agencies to families to enable informed decision making.

What we need our families to do

1. Your child should continue to come to school with a face covering, which they should expect to wear throughout the day **in communal areas and in classrooms.** With the exception of those who are exempt from wearing a face covering for health reasons, students who do not bring a face covering to school will either have the option to purchase one on site, or they will be requested to return home to collect one. We are still handing out large quantities every day and it is difficult to sustain this. It would be sensible to ensure that your child has spares in their coat and blazer pockets and in their bag. If you are unable to access a face covering for your child and are worried about the cost of purchase, please do contact the school directly so that we can support. While the wearing of face coverings has become commonplace in society again over recent weeks (e.g. in shops, on public transport, etc.), we are also aware that pupils will not have been wearing face coverings every day at home. While we will be reinforcing this expectation on pupils' return, **please do support us by reiterating with your child(ren) the importance of wearing face-coverings in school.**
2. Students should continue to take lateral flow tests at home twice weekly for the coming weeks and report all results to the NHS. This is really important for the ability to track accurate case levels. If only positive results are reported it skews the case rate statistics.
3. Please ensure that your child stays at home if they are unwell with Covid symptoms. They must continue to stay at home until after the fever/high temperature passes. **They should do so even if they have tested negative for Covid 19.** If they have tested negative and do not have a fever they can return to the Academy when they feel well enough.
4. If someone in your household tests positive (but your child does not have symptoms including a fever), your child may still come to school **if they take a lateral flow test each day and continue to receive a negative result** (and remain symptom free).
5. If a student test positive themselves, those who receive two negative test results are no longer required to complete 10 full days of self-isolation. The first test must be taken no earlier than day 6 of the self-isolation period and tests must be taken 24 hours apart. **If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result and return to school that day.**
6. The UK Health Security Agency has published a helpful flow diagram, clarifying this process, which I have included at the end of this letter.

Thank you for your considerable support throughout this period, and for your flexibility in continuing to work with these new, revised arrangements.

[Click here to read the latest Government advice to parents/carers in full](#)

Best wishes,



Mr C Shaw
Principal



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Ending self-isolation if you have had COVID-19 symptoms or have received a positive COVID-19 test result

