



Spalding High School

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Headmistress Mrs M Anderson B.Ed

Dear students, parents and carers,

We are all very much looking forward to having you back in school next week.

Please make sure that you have read last week's detailed letter telling you all of the information, instructions and timings. These letters can still be found on the homepage of the School's website.

Today we have also uploaded all of the Risk Assessments. They can be found in the Covid-19 Folder in the "Useful Links" menu. We have noted updates and amendments in yellow highlighter so it is easier for you to see where changes have been made.

Sadly, we have been unable to make internet stars of Mrs Jarvis and Mrs Pryke, by creating our own film showing you how to complete a Lateral Flow Device Test! However, if you are worried about what to expect, the test Team recommend watching the YouTube video linked below. However, please be aware that we only need to test one nostril and the kit is all laid out for you and looks slightly different to the one in the video. At the end of the letter we have included photographs of R23 so you know what to expect.

[Coronavirus: how to self-swab - YouTube](#)

Students must not come into school if:

- They have one or more coronavirus (COVID-19) symptoms:
Recent onset of a new continuous cough or a high temperature or a loss of, or change in, normal sense of taste or smell (anosmia).
- A member of their household (including someone in their support bubble or childcare bubble if they have one) has coronavirus (COVID-19) symptoms.
- They are required to quarantine having recently visited countries outside the Common Travel Area.
- They have had a positive test.
- Have been in close contact with someone who tests positive for coronavirus (COVID-19).

They must immediately cease to attend and not attend for at least 10 days from the day after:

- the start of their symptoms.
- the test date if they did not have any symptoms but have had a positive test (whether this was a Lateral Flow Device (LFD) or Polymerase Chain Reaction (PCR) test).

As you are no doubt aware from the news, last weekend the Government announced that all households living with school aged children will be able to complete home testing for family members twice each week. We have received the information below from the Government.

Asymptomatic testing information for parents and adults in households with children at school or college:

NHS Test and Trace announced earlier this week, that all adults in households with school and college age children without symptoms can now access regular rapid coronavirus (COVID-19) testing.

Test kits can either be collected or ordered online, as set out below. Schools should not give test kits to parents, carers or household members. Secondary school and college students will continue to access testing through their school or college.

Undertaking regular, rapid coronavirus (COVID-19) testing helps reduce transmission of the virus. Parents and other adults in households with children at school or college, who do not have symptoms, can now access regular, rapid coronavirus (COVID-19) testing. This includes childcare and support bubbles.

Tests are fast, easy and completely free. There are different ways for a household, childcare or support bubble to collect their test to take at home, twice-weekly:

- *through your employer, if they offer testing to employees*
- *by collecting a home test kit from a local test site – anyone aged 18 or over can collect 2 packs of 7 tests*
- *by ordering a home test kit online – please do not order online if you can access testing through other routes, this frees up home delivery for those who need it most*

Please use the link below for further information about accessing kits.

[Rapid lateral flow testing for households and bubbles of school pupils and staff - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

If you have any queries about the tests, and you live in England, please call 119 (free from mobiles and landlines). Lines are open every day from 7am to 11pm.

Children of primary school age (and below) without symptoms are not being asked to take a test.

Testing is voluntary, but strongly recommended to all who are eligible. Alongside the vaccine, washing hands, wearing face coverings, and maintaining social distancing, rapid testing plays a vital role in reducing transmission rates. Getting into the habit of regular testing as part of our everyday lives will help us all to play our part and do what we can to protect each other.

Please do contact the School enquiries@spaldinghigh.linc.sch.uk if you have further questions. In the meantime, enjoy the weekend and we will see you next week.

Yours sincerely



Mrs M Anderson
Headmistress

