



# Spalding High School



## Weekly Bulletin 24/02/2022

I hope that everyone had a lovely half term break the chance to rest and have fun. I hope that the storms we had over the last part of the holiday did not cause too much disruption and damage! Here we are in Term 4, the shortest academic term this year at just five and a half weeks but with lots to pack in nonetheless. The Choir has started rehearsals again this week and several fixtures have already been played. I look forward to seeing the reports about those in upcoming editions of the School Bulletin. As always, it would be lovely to hear from year groups, forms or individuals about the news that you have or activities you have been doing so please keep those reports coming in to Mrs O'Brien. This week it is a pleasure to say, "very well done" to Faith Robinson (Y8) on her excellent performance in the UKMT Challenge!

It feels like we have turned a corner this week, not just with a little more spring like weather, but also with moving forward with Covid. This edition contains the second part of very important information about what to do if you have symptoms or test positive, given that today marks the change to many of the Government's previous regulations. The letter we sent home on Tuesday remains on the school website and should be kept for further reference. Let's keep working hard to keep each other and ourselves safe and look forward to a better and brighter spring.

### School buses at the end of the day

At the end of the day, we have two bells; the first at 3.40pm and the second at 3.45pm.

At 3.40pm, **all** students are to leave their lesson, sort out their lockers and get ready to leave.

At 3.45pm, **all** students are to leave the buildings and start to leave site, either via the pedestrian exits or to the courts for the buses.

Some bus students are getting increasingly late into the courts for the buses. Bus students must come straight to the court on the second bell and not assume that their bus will arrive at a certain time just because it normally does. We have had several "near misses" recently and we wish to ensure that no one misses their bus. Straight to the court on the second bell.

Thank you

### The School is excited to announce the launch of our Nearly New Uniform Shop "High Fashion"

If you wish to purchase an item, please sign into your child's online account and you will see what stock is available in the products section. Once purchased online the uniform will be sent home via your child.

If you have any uniform you wish to donate, please hand in at Reception.

The easiest way to access these products would be to download the SCOPAY app and sign in to your account. This will give you access to your child's lunch account, trips and revision guides when they become available. Notifications can be enabled to alert you when the above become live and you can also monitor your child's canteen balance to ensure sufficient funds are available.

Any questions relating to this or if you wish to be set up with an online account, please email [rebecca.fox@spaldinghigh.lincs.sch.uk](mailto:rebecca.fox@spaldinghigh.lincs.sch.uk) or [joanne.pryke@spaldinghigh.lincs.sch.uk](mailto:joanne.pryke@spaldinghigh.lincs.sch.uk)

### A summary of the key governmental changes announced this week

The Government have produced a useful summary of the key changes announced in the "Living with Covid" Plan. Please find it below:

#### **Changes at a glance**

#### **From 21<sup>st</sup> February the Government is:**

- Removing the guidance for staff and students in most education and childcare settings to undertake twice weekly asymptomatic testing.

#### **From 24 February, the Government will:**

- Remove the legal requirement to self-isolate following a positive test. Adults and children who test positive will

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.

- No longer ask fully vaccinated close contacts and those aged under 18 to test daily for 7 days, and remove the legal requirement for close contacts who are not fully vaccinated to self-isolate.
- End self-isolation support payments, national funding for practical support and the medicine delivery service will no longer be available.
- End routine contact tracing. Contacts will no longer be required to self-isolate or advised to take daily tests.
- End the legal obligation for individuals to tell their employers when they are required to self-isolate.
- Revoke The Health Protection (Coronavirus, Restrictions) (England) (No. 3) Regulations.

**From 24 March, the Government will:**

- Remove the COVID-19 provisions within the Statutory Sick Pay and Employment and Support Allowance regulations.

**From 1 April, the Government will:**

- Remove the current guidance on voluntary COVID-status certification in domestic settings and no longer recommend that certain venues use the NHS COVID Pass.
- Update guidance setting out the ongoing steps that people with COVID-19 should take to minimise contact with other people. This will align with the changes to testing. COVID-19 RESPONSE: LIVING WITH COVID-19 23
- No longer provide free universal symptomatic and asymptomatic testing for the general public in England.
- Consolidate guidance to the public and businesses, in line with public health advice.
- Remove the health and safety requirement for every employer to explicitly consider COVID-19 in their risk assessments.
- Replace the existing set of 'Working Safely' guidance with new public health guidance

**For those with symptoms of Covid-19, those who have tested positive for Covid-19 or those who are close contacts**

The UKHSA have issued the new guidelines for those affected by Covid-19, which are applicable from today. The full document can be found here:

[COVID-19: people with COVID-19 and their contacts - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/covid-19-people-with-covid-19-and-their-contacts)

There are not really any changes to the guidelines other than self-isolation no longer being enshrined in law.

The guidelines apply to students at school as well as the general population.

*"If you have COVID-19 (or symptoms of Covid 19) you should stay at home and avoid contact with other people."*

**I have symptoms of Covid-19, what should I do?**

Whilst the three main symptoms remain the same as they have been throughout the pandemic, the attached document recognises that other symptoms of Covid-19 may be experienced as well. The document makes it clear that anyone with symptoms should organise a PCR, which are free until 1<sup>st</sup> April. Those with symptoms are advised to stay at home until the PCR result is received and avoid contact with other people. If students have the symptoms of Covid-19, no matter how mild, they should not attend school. They should organise a PCR tests and self-isolate until they have the result. Please notify [enquiries@spaldinghigh.lincs.sch.uk](mailto:enquiries@spaldinghigh.lincs.sch.uk) if your child shows symptoms of Covid-19 organise a PCR test and inform the School of the result. If the result is negative, they may return to school. If the PCR is positive, they should follow the advice in the UKHSA document.

**I have tested positive for Covid-19. What should I do?**

Notify school on the [enquiries@spaldinghigh.lincs.sch.uk](mailto:enquiries@spaldinghigh.lincs.sch.uk) email address and let your close contacts know. The advice in this document is:

*“If you have COVID-19 you can infect other people from 2 days before your symptoms start, and for up to 10 days after. You can pass on the infection to others, even if you have mild symptoms or no symptoms at all. If you have COVID-19 **you should stay at home and avoid contact with other people.**”*

“Many people will no longer be infectious to others after 5 days. You may choose to take an LFD test from 5 days after your symptoms started (or the day your test was taken if you did not have symptoms) followed by another LFD test 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. If your day 5 LFD test result is positive, you can continue taking LFD tests until you receive 2 consecutive negative test results.”

“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.”

Please remember that LFD and PCR tests remain free of charge from pharmacies and on-line. If you struggle to get hold of test kits in order to test for Day 5, please contact school and we will see if we are able to help. As outlined in the Head’s letter Tuesday 22<sup>nd</sup>, we only have a very small supply of kits and our further orders have been cancelled.

### If I am feeling well enough, can I still do my work at home?

Yes. The Department for Education have told schools to now use the I (for illness) code for those with confirmed Covid rather than the general X code (for Covid related absences) that we have been using during the pandemic. We will continue to set work via Teams, the VLE or email for **all** students with Covid related absences for them to do when they feel well enough to get on. The X code will be used for students who have symptoms of Covid but are still waiting for their PCR result.

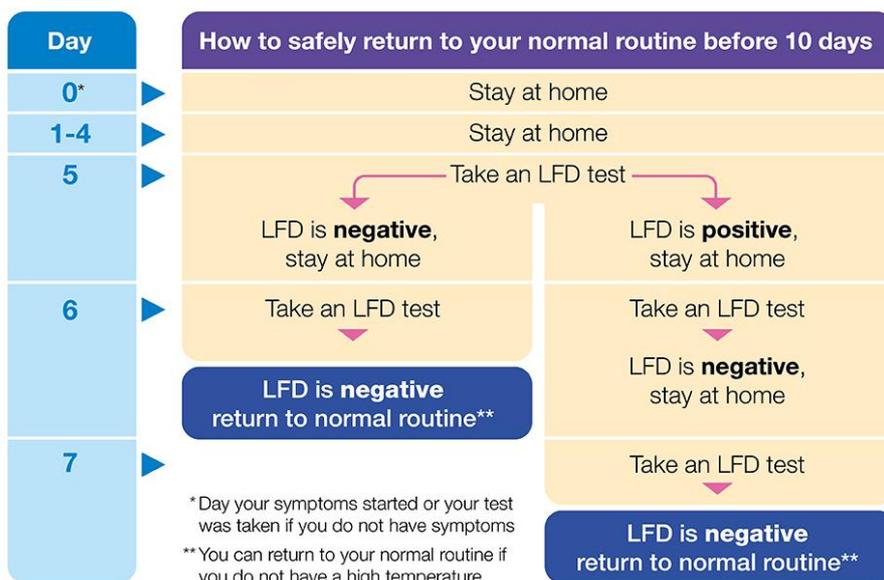
### What should I do if I am a close contact?

Follow the advice in the UKHSA Guidelines [COVID-19: people with COVID-19 and their contacts - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/covid-19-people-with-covid-19-and-their-contacts) Students who have been identified as close contacts may continue to attend school providing they are not showing symptoms themselves.

### There is also a very useful flowchart for testing and isolation periods:

Please remember that you need two negative LFD results taken on any two consecutive days from day 5 onwards, in order to end the isolation early and providing you no longer have a temperature.

### How to safely return to your normal routine before 10 days



## 25<sup>th</sup> Anniversary of the UKMT

On 25<sup>th</sup> January 2022, 111 Year 7 and Year 8 students participated in the 25<sup>th</sup> Anniversary of the UKMT. This competition encourages **mathematical reasoning, precision of thought, and fluency** in using basic mathematical techniques to solve interesting problems, which are designed to make students think.

Faith Robinson 8S, who answered correctly 22 out of 25 questions and was crowned the winner of the challenge in our school, reports:

The 25<sup>th</sup> Anniversary Maths Challenge was very fun. It wasn't too hard but still challenging. There were 25 questions to do in 45 minutes, I believe this was a good amount of time as most of my colleagues had completed all of the questions within the time amount.



Well done to all those who participated!

Mrs Nowak

## Careers Update

### Year 12 Work Experience Week – 23<sup>rd</sup>-27<sup>th</sup> March

Any remaining work experience placement confirmation forms must be handed in to Mrs O'Brien by Monday 28<sup>th</sup> February please. Many students have arranged placements in a wide variety of settings and should be proud of this achievement.

### Year 11 Personal Guidance Interviews

Students in Year 11 have now had their personal guidance appointments with Mrs Gilman, our independent careers adviser. We hope that students found the opportunity useful and that they make good use of their action plans, which were sent out after the appointment. We will shortly be sending out a Teams questionnaire for feedback from students.

### Google – Parents' Insight Webinar – 9<sup>th</sup> March 6.30 - 7.15pm

If your child is in Years 10-13 and interested in apprenticeship opportunities at Google, including software engineering, digital marketing and information communication technology, this event will give parents/carers and students the opportunity to find out more and ask questions. The link to register is here:

[https://www.eventbrite.co.uk/e/google-apprenticeships-parents-insight-webinar-tickets-260281578207?aff=odeimcmailchimp&mc\\_cid=62e83fc9e4&mc\\_eid=2be905a165&goal=0\\_65c6d67e71-62e83fc9e4-212066408](https://www.eventbrite.co.uk/e/google-apprenticeships-parents-insight-webinar-tickets-260281578207?aff=odeimcmailchimp&mc_cid=62e83fc9e4&mc_eid=2be905a165&goal=0_65c6d67e71-62e83fc9e4-212066408)

### UCAS/Discovery Event – 7<sup>th</sup> March – 10.00am – 8.00pm

UCAS/Discovery Virtual Days are a way of finding out more about progression route options:

- Explore universities, colleges, and employers
- Get inspiration and explore different career opportunities
- Understand if an apprenticeship is right for you

- Take part in live sessions and get your questions answered by the experts
- Get practical help on personal statements, accommodation, student loans, and more
- Hear from real students

If parents/carers and students are unable to attend the live sessions, sessions can be caught up on demand afterwards. Here is the link to register:

<https://www.ucas.com/registration/register/event/404021>

**Support:**

As always, we can be contacted by email if parents or students in any year group have any queries:

[Dawn.bushell@spaldinghigh.lincs.sch.uk](mailto:Dawn.bushell@spaldinghigh.lincs.sch.uk)

[Lucy.obrien@spaldinghigh.lincs.sch.uk](mailto:Lucy.obrien@spaldinghigh.lincs.sch.uk)

Mrs Bushell (Careers Leader)