

Parents and Carers

17 January 2022

Dear Parents and Carers

We hope that your children have settled back into school following the Christmas holidays. As we start the new term, we thought it would be helpful to highlight some of the changes that were announced to managing covid over the last few weeks.

Headteachers and Principals continue to work hard to make sure that their schools and colleges are as safe as they can be for your children. You can support them by ensuring you and your families follow the requirements for testing and self-isolation.

Testing

Children attending secondary schools and colleges are asked to do a LFD test twice a week, it is really important that you continue to do this and report the results ([report a COVID-19 rapid lateral flow test result](#)). If your child develops symptoms of covid they should get a PCR test. A confirmatory PCR test is not required if your child does not have symptoms.

Self-Isolation

Guidance remains that you should stay at home and self-isolate if you have any of the main symptoms of covid or if you have a positive LFD or PCR test result. Self-isolation helps protect your family, friends, and the wider community by reducing the risk that you will pass the infection on to others.

The self-isolation period begins at day zero, which is the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days.

You may be able to end your self-isolation period earlier by taking an LFD test on day 5 and day 6 of your self-isolation period. **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 your education, childcare or work setting from day 6.** The first test must be taken no earlier than day 5 of the self-isolation period and tests must be taken 24 hours apart.

Further information, including examples of when to end self-isolation if you have had COVID-19 symptoms, is available in the [stay at home: guidance for households with possible or confirmed COVID-19 infection](#).

Vaccinations

Phase 2 of the in-school vaccination programme for 12 to 15-year-olds began on Monday 10 January. Schools will be in touch directly with parents and carers about this, however parents and carers are also able to book out-of-school vaccinations for their child, if aged 12 or over, through the [NHS booking system](#).

Thank you for your continued support in helping to protect your school community.

Yours faithfully,



Darrell Gale FFPH
Director of Public Health



Alison Jeffery
Director of Children's Services