



18th January 2022

Dear Parent/Carer,

I am writing to say thank you to all our students and families for the commitment and resilience shown over the new term. Following recent changes to the guidance around testing and self-isolation periods, please see below highlighted information for your reference.

Home testing & updated guidance from the Department for Education

We continue to encourage all families to test at home twice per week on Sunday and Wednesday evenings (we have plenty of testing kits available in the school office and students are welcome to collect these when they need them). When testing at home, please report the results to school ([Harrogate High School - Students - Reporting a COVID-19 LFD Home Test Result to School \(office.com\)](#)) and the NHS ([Report a COVID-19 rapid lateral flow test result - GOV.UK \(www.gov.uk\)](#)).

Home testing remains an excellent way to prevent the spread of COVID-19 and is effective in identifying asymptomatic cases. If you wish to take part in home testing and have not yet consented to this, please use the following link [Harrogate High School - COVID LFD Home Testing Opt-In Form for Students \(office.com\)](#).

Close Contacts

- For pupils under 18 years and 6 months self-isolation is not required and they should continue to attend school as normal.
- For anyone without symptoms and aged between 5 years and 18 years and 6 months, LFD testing is strongly advised to be undertaken every day for 7-days or 10 days since the last contact with the person who tested positive if this is earlier. Children under 5 years are exempt from self-isolation and do not need to take part in daily testing of close contacts.
- All results of LFD tests must be reported to [NHS Test & Trace \(and the school – applicable to secondary pupils\)](#). If the result is negative pupils should continue to come to school. If the result is positive, please inform the school and the pupil must self-isolate immediately. From the 11 January, anyone
- **Anyone who has a positive LFD test result, is not required to book a PCR test to confirm the result.**

What to do if your child receives a positive Lateral flow test (LFD) result?

If a student receives a positive result from a lateral flow test and is asymptomatic, please proceed to inform test and trace, inform school, and begin to isolate immediately - A confirmatory PCR test is **NOT** required.





- From Monday 17th January 2022, individuals who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.
- The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be reported to NHS Test and Trace and the school site before your child returns. If results are not reported, we may require your child to isolate for the full 10 days.
- If either result is positive individuals must stay in isolation until they have had 2 negative tests taken on consecutive days or they have completed 10 full days of self-isolation (whichever is earliest). They are not required to take any more LFD tests to release themselves from isolation past day 10. Public Health have advised to resume twice weekly LFD testing 7-10 days after the end of isolation.

What should I do if my child has symptoms?

- Anyone who develops symptoms of COVID should self-isolate immediately, get a PCR test and continue to isolate until the result is known. If an individual has already had a positive LFD test result, they do not need to take a PCR test as well and should isolate. If the PCR:-

Is....	Then the pupil should
Negative	Return to school if they do not have any symptoms / high temperature
Positive	Continue to self-isolate.

When should a student not attend school?

Students should not come to school if they display any COVID-19 symptoms, which include:

- A new continuous cough - this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- A high temperature
- A loss of or change in normal sense of taste or smell.

Other preventative measures at school continue to be:

- Good hand hygiene - washing hands for at least 20 seconds with soap and water regularly. Using hand sanitiser if soap and water aren't available
- Wearing a face covering in communal areas in school (not classrooms), on dedicated school transport and public transport
- Ventilation of classrooms
- Putting used tissues in the bin immediately and sanitising hands afterwards





Useful Links

[Guidance for contacts of people with COVID who do not live with the person](#)

[Stay at Home Guidance for Households](#)

[Information for Parents and Carers](#)

[NHS Test and Trace – Report an LFD Result](#)

[Book a PCR Test](#)

I am confident that these measures will support our school and wider community to stay safe.

Thank you very much for your continued support and patience throughout the ongoing changes.

Yours faithfully,

Mr Sukhraj Gill
Head of Academy

