

4<sup>th</sup> January 2022

## **Updated Covid Information**

Dear Parent/Carer,

I hope that you had an enjoyable Christmas and wish you all a Happy New Year. I am writing to confirm some changes to guidance that have been announced by the government over the Christmas break.

### **Changes to the self-isolation period for individuals who test positive for COVID-19**

Since Wednesday 22 December, the 10 day self-isolation period for people who record a positive PCR test result for COVID-19 has been reduced to 7 days in most circumstances, unless you cannot test for any reason.

Individuals may now take LFD tests on day 6 and day 7 of their self-isolation period. 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, meaning students can return to school from day 7.

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](#).

### **Daily testing for close contacts of COVID-19**

People who are fully vaccinated, or children and young people aged between 5 and 18 years and 6 months, identified as a close contact of someone with COVID-19, should take an LFD test every day for seven days and continue to attend school as normal, unless they have a positive test result or develop symptoms at any time.

### **Testing for students after the holiday period**

As you are aware, schools were asked to undertake one on-site test with students before they returned to school. This will identify positive cases, and reduce transmission after a period of social mixing during the holidays. Students in Years 10 and 11 have been tested today and students in Years 7, 8 and 9 will come in for their test tomorrow, Wednesday 5<sup>th</sup> January. If

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your child was/is unable to attend school for their on-site test please ensure that they test at home before they return to school.

We then ask that students continue testing twice weekly at home and to [report all results to NHS Test and Trace](#) and to school at [CovidtestResult@northgosforth.co.uk](mailto:CovidtestResult@northgosforth.co.uk).

Even if someone has tested positive for COVID-19 within the last 90 days, they are strongly encouraged to take part in LFD testing once they have completed their isolation period for their prior infection.

### **Face Coverings**

From Sunday 2 January, it is recommended that face coverings are worn in classrooms. The advice is short term only, to support students and teachers as they return to school this term and builds on the existing guidance that recommends face coverings in communal areas of all settings. The advice on face coverings in classrooms will be in place until Wednesday 26 January, when Plan B regulations are currently scheduled to expire, at which point it will be reviewed.

**Please can you ensure that all students attend school with a face covering.**

We look forward to welcoming students in Years 10 and 11 back into school tomorrow, Wednesday 5<sup>th</sup> January, and those in Years 7, 8 and 9 on Thursday 6<sup>th</sup> January.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Pete Fox', written over a light blue horizontal line.

Pete Fox  
Principal