

Plymouth High School for Girls

"For life, not school, we learn"

18th March 2021

Dear Parent / Carer

It was great to finally welcome all our students back into school last week and I was pleased to see how quickly everyone settled into classroom learning.

As you know, we have been very busy conducting in-school lateral flow testing over the last week and a half. I am pleased to inform you that our testing has gone very successfully, it has been well received by all with no disruption to the teaching timetable and no positive results at all.

As we approach the end of in-school testing for your child's year group (maximum of three in-school tests per student), here is a gentle reminder that, as per Government guidelines, all secondary school students will be provided with testing kits to complete at home.

Please read the following information about home testing carefully and contact the school office as soon as possible if you have any questions.

Testing students at home

PLEASE NOTE, over the Easter Break: Lateral flow testing needs to continue throughout the Easter holidays.

If your child records a positive Lateral Flow test result on Friday 2nd April or Saturday 3rd April please contact school at <u>covid19@phsg.org</u> and arrange for a confirmatory PCR test as soon as possible. We will then conduct close contact track and trace and will contact all close contacts and ask them to self-isolate for 10 days. If the confirmatory PCR test comes back as negative, we will let people know that they no longer need to isolate.

If your child develops symptoms of COVID-19 on Friday 2nd April or Saturday 3rd April which is then confirmed by a positive PCR test, please contact school at <u>covid19@phsg.org</u>. We will then conduct close contact track and trace and will contact all close contacts and ask them to self-isolate for 10 days.

If your child tests positive after the dates above, please contact the school at <u>covid19@phsg.org</u>, but we will not need to conduct a track and trace process.

One in three people who have Covid-19 can spread the virus without knowing, as they display no symptoms. To reduce the spread of the virus, we need our students to:

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- ✓ Continue to take part in the mass testing throughout the Easter holidays
- ✓ Take the tests at home twice each week
- ✓ Take the test 3-4 days apart

Students will be issued with their home testing kits after their 3rd school test and then via their tutors in tutor time.

Tests are free of charge. Students will receive a pack of tests in a box with a leaflet on how to take the test and report the results. These tests are for the student only and are not to be used by other household members or siblings.

Taking the test

Students should take the test twice a week, a leaflet with instructions on how to do the test with the kit. There is also a useful video to show you how to take the test <u>here</u>.

<u>Help and support is available</u>, including instructions in different languages on how to test and report the results and a video showing you how to take the test.

There is no need to keep used test equipment after the test result has been reported. You can put it in your normal bin (household waste).

PLEASE NOTE: This does not replace symptomatic testing. If you have symptoms, you should self- isolate immediately, book a PCR test (those done at testing sites) and follow national guidelines.

What should you do after the test?

If anyone **tests positive you, your household, any support bubbles you are part of should self-isolate** immediately in line with NHS Test and Trace guidance for 10 days. Follow the guidance given on the instructional leaflet about reporting results.

- ✓ If you receive a **positive results**, you need to report your result to both <u>NHS</u> <u>Test and Trace</u> and <u>covid19@phsg.org</u>
- ✓ It is recommended that you should then <u>order a confirmatory PCR test.</u>
- ✓ If the result of the test is **unclear (void)** you should do another test.
- ✓ Negative and void results should be reported to <u>NHS Test & Trace.</u> The school does not need to be informed of a negative test result.

PLEASE NOTE: A negative result does not guarantee that you are not carrying the virus. So, you should continue to follow social distancing, and other measures to reduce transmission such as wearing a face mask and regularly washing your hands and observing social distancing. If you or anyone in your household gets symptoms of the virus you should follow <u>national guidelines on self-isolation and testing</u>.

Taking part in testing is voluntary and all students will be able to attend school whether they take part in testing or not.

I strongly encourage all students to take part. Testing at home will allow your child and other students to attend school as safely as possible. As a school we will provide your son/daughter with more home testing kits in due course to continue their testing over the Easter holidays.

I trust this answers any queries but, on the next page you will find some frequently asked questions. Please contact <u>phs@phsg.org</u> if you have any further questions.

Thank you for your ongoing support.

G.Unda

Simon Underdown. Headteacher.



