



5<sup>th</sup> January 2022

Dear Parents/Carers

Welcome back, we hope you all enjoyed a restful break. We have received clarification from the Department for Education on changes to the self isolation period for individuals who test positive for Covid-19. Please see below;

**Clarification on the changes to the self isolation period for individuals who test positive for Covid-19:**

- 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 lateral flow 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. This also applies to children under 5, with lateral flow testing at parental or guardian discretion.
- 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 or childcare setting from day 7.
- Anyone who is unable to take lateral flow tests will need to complete the full 10 day period of self-isolation.
- 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](#).

Students are strongly encouraged to continue testing twice weekly at home and to [report all results to NHS Test and Trace](#). Please note, test kits for students will be given out in tutor time on Friday 7<sup>th</sup> January.

**Department for Education Guidance**

[Guidance for Parents and carers](#)

[Department for Education Covid-19 Helpline](#)

Yours faithfully

Mrs John  
Headteacher

- Grow and Succeed -