

# Weekly News – 14<sup>th</sup> January 2022

## Changes to the self-isolation period from 17<sup>th</sup> January 2022 (Hopefully for the last time!)

If you have symptoms/ feel unwell or have taken a lateral flow and it is positive =  
 Obtain a PCR test **if symptomatic** (Temporarily, a PCR is not necessary as of 11<sup>th</sup> January **if you have no symptoms**, LFD counts as positive. If symptoms develop, a PCR is then required.

Day of isolation	How to use LFT tests to end isolation early				
Day 0	<b>Self-isolation starts</b> <i>This is the day your symptoms start OR when you have taken a lateral flow and it is positive but you have no symptoms – obtain a PCR test</i>				
Days 1 to 4	<b>Self-isolation</b>				
Day 5	<b>Take Lateral Flow Test</b>				
	<b>Negative</b>	<b>Positive</b>			
	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours later			
Day 6	<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>		
	<b>Negative</b>	<b>Negative</b>	<b>Positive</b>		
	Your self-isolation has ended. You can return to work/school (unless you have a high temperature)	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours later		
Day 7		<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>	
		<b>Negative</b>	<b>Negative</b>	<b>Positive</b>	
	Your self-isolation has ended. You can return to work/school (unless you have a high temperature)	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours		
Day 8			<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>
			<b>Negative</b>	<b>Negative</b>	<b>Positive</b>
		Your self-isolation has ended. You can return to work/school (unless you have a high temperature)	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours	
Day 9				<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>
				<b>Negative</b>	<b>Positive</b>
			Your self-isolation has ended. You can return to work/school (unless you have a high temperature)	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate until 23.59pm when your isolation period ends
Day 10				<b>Take Lateral Flow Test</b>	
				<b>Negative</b>	Your self-isolation has ended. You can return to work/school (unless you have a high temperature)

Moving forwards we will let parents know when there are increasing cases within classes and will signpost you to the above guidance. The 7 days of lateral flow testing for close contacts still applies.

We have seen increasing numbers of children testing positive this week. The really positive news is that although some children are slightly unwell, the vast majority have no symptoms at all.





## PE Kit

Just a polite reminder that we are encouraging children in years 1 - 6 to continue to come to school in their PE kit on their PE days. We would strongly encourage all children to begin to get the correct kit as we will be insisting on school colours from September. Our uniform and PE kit is really important to us and helps us to raise standards. Nursery and Reception will continue to have their PE kit kept in school within their lockers as changing for PE is part of their curriculum and helps them to become independent. Please see two fantastic examples of our PE kit below:



We do not insist on PE kit or uniform having the school logo although we would very much like this. Uniform can be sourced from anywhere as long as it is school colours. A reminder of correct uniform can be found on the school website within the school Prospectus.



My final word this week is that the children have inspired me to finish off the newsletter on a really positive note. This weeks assembly theme was honesty and kindness. The children at Spring Vale are encouraged to always tell the truth and to look after each other. I am proud that they show these values on a daily basis and this should inspire adults everywhere to behave a little bit more like they do. 😊



*PS parents this is definitely not aimed at you! Have a lovely weekend.*

