

# Alderbrook School

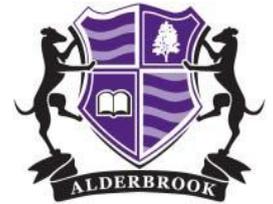
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Dear Parents and Carers

28 February 2022

We welcome all of our students back today after what we hope has been a refreshing and restful half term break.

Following on from the Government announcement last Thursday, we would like to give you all a summary of the updated guidance to reflect the removal of the legal requirement from 24 February for people with Covid to self-isolate. This guidance will be our current and on-going position in school which we will continue to review and communicate with you as needed. We would ask for your support in its implementation.

The latest guidance is clear that, while there is no longer a legal requirement for people with Covid to self-isolate, if you have any of the main symptoms of Covid or a positive test result, the public health advice is to stay at home and avoid contact with other people.

Key points are as follows:

- If you have any of the main symptoms of Covid-19 (a recent onset of a new continuous cough; a high temperature; or a loss of, or change in, your normal sense of taste or smell) you should order a PCR test. You are advised to stay at home and avoid contact with other people while you wait for the test result.
- If you test positive, you should continue to stay at home and avoid contact with other people. This includes not attending work or school.
- If you can, you should let people who you have been in close contact with know about your positive test result.
- Children and young people with Covid-19 should not attend school while they are infectious. They should take an LFD test from five days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these tests results are negative, they should return to school, as long as they feel well enough to do so and do not have a temperature. Two consecutive negative LFD tests are required up to a maximum of 10 days from the day after their symptoms started or the test was taken, before returning to school, whichever is the soonest.
- If you live with, or have stayed overnight in the household of, someone who has Covid-19, you are advised (for ten days after the day the person you live or stayed with first had symptoms, or the day their test was taken if they did not have symptoms) to:
  - minimise contact with the person who has Covid-19
  - avoid contact with anyone you know who is at [higher risk of becoming severely unwell](#) if they are infected with Covid-19, especially those with a [severely weakened immune system](#)
  - wear a well-fitting [face covering](#) made with multiple layers or a surgical face mask in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people

- Children and young people who live with someone who has Covid-19 should continue to attend school as normal.
- Fully vaccinated adults and those aged under 18 who are close contacts are no longer advised to test daily for seven days and the legal requirement for close contacts who are not fully vaccinated to self-isolate has been removed.
- The guidance for staff and students in most education and childcare settings to undertake twice weekly asymptomatic testing has now been removed and so this will now stop. However students in the ARC in years 7 & 8 should continue to test twice weekly and we will continue to provide testing kits to these students.

If your child does experience symptoms and is awaiting the results of a PCR test, or has a positive LFD result please continue to inform the school by emailing [covidpositive@alderbrook.solihull.sch.uk](mailto:covidpositive@alderbrook.solihull.sch.uk) with their name, form and date of test or symptoms beginning.

Please be assured that as a school community we continue to strive to find a workable balance to live alongside Covid 19 and restore the routines and normality that we know our students wish for, whilst being mindful of maintaining vigilance and preventative measures on the spread of this virus.

Best wishes,



**Tom Beveridge**  
**Headteacher**