



HOUGHTON REGIS ACADEMY

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Dear Parent/Carer,

I hope this letter finds you well.

As many parents are already aware, we have been undertaking Lateral Flow Testing for students at the academy since their return. Thank you for all your support in this and we are now ready to move on to the next stage of the process.

At present, up to one in three people who have COVID-19 can spread the virus without knowing it. This is because they have no symptoms. To reduce the spread of the virus, we need to identify those individuals. We can support this by carrying out tests at home twice every week, 3-5 days apart.

Testing students at home

This week, students who are currently undergoing testing at school will receive their home testing kit. Taking part in testing is voluntary and all children will be able to attend the academy whether they take part or not.

Students who have been taking part in the testing program in school will automatically be provided with home test kits. If your child has not been taking the test in school, but you agree that it is appropriate for them to be tested at home, please inform the academy and they will be able to collect home test kits from the pastoral team.

Tests are free of charge. Your child will receive a pack of 3 tests in a box with a leaflet on how to take the test and report the results. All test kits will be given out before the end of this week.

All tests should be taken within 3-5 days of your child's last test.

Please be aware that these kits are for students only. If you require kits for other family members these can be collected from your nearest Covid test centre.

Taking the test

Your child should take the test twice a week, before coming into the academy or the night before. A leaflet giving instructions on how to do the test will be given with the test kit. There is a useful video to show you how to take the test here.

<https://www.youtube.com/watch?v=S9XR8RZxKNo&list=PLvaBZskxS7tzQYIVg7lwH5uxAD9UrSzGJ&index=1>

Help and support is available at: <https://www.gov.uk/guidance/covid-19-self-test-help> including instructions in different languages on how to test and report the results and a video showing how to take the test.

The Houghton Regis Academy is part of the Greenwood Dale Foundation Trust Group of Academies

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).

This does not replace symptomatic testing. If you have symptoms you should self-isolate immediately, book a PCR test and follow national guidelines.

What should you do after the LFD test?

If your child, yourself, your household or any support bubbles you are part of test positive, you should self-isolate immediately in line with NHS Test and Trace guidance for 10 days.

You need to report your results to both NHS Test and Trace <https://www.gov.uk/report-covid19-result> and the academy.

You should order a confirmatory PCR test: <https://www.gov.uk/get-coronavirus-test> if you are testing at home (confirmatory PCR tests are not needed if the test was conducted at the Asymptomatic Test Site at the academy).

If the result of the test is **unclear (void)** you should do another test.

Negative and void results need to be reported to both NHS Test and Trace and the academy.

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.

Again, if you or anyone in your household gets symptoms of the virus you should follow national guidelines on self-isolation and testing.

You need to report each test result

The result of each test needs to be reported using the NHS Test & Trace self-report website: <https://www.gov.uk/report-covid19-result>

You will also need to tell the academy the result of each test via email: admin@houghtonregisacademy.org

Why is testing important?

Taking part in testing is voluntary and all children will be able to attend the academy whether they take part in testing or not.

I am strongly encouraging all children to take part. Testing at home will allow your child and other children to attend Houghton Regis Academy and help reduce the spread of the virus.

Please do not hesitate to contact me should you have any questions or concerns about home testing.

Thank you for your support.



Ms J Gill
Assistant Principal