

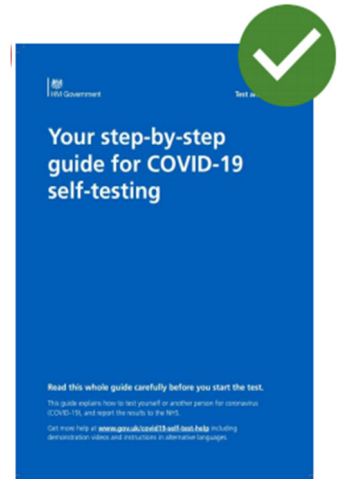
15 March 2021

Dear Parent/Carers/Students

We have now completed our three (unless absent or refused) in-academy lateral flow tests of which approximately 75% of students took part and we now move onto home testing. ALL students will receive the testing packs (unless they refuse or absent), it is then for parents and carers to decide if they wish to open the packs and consent for their child to use the test.

Taking test kits home

Over the next few days we will be handing out to all students two testing kit packs, each pack has 3 tests in a box and a separate leaflet on how to take the test and report the results. Further testing kits will be provided before the Easter holidays. Please ensure you use the instruction leaflet provided separately (image to the right) NOT the instructions within the kit pack.



You need to take the tests 3 to 4 days apart, ideally on Monday & Thursday or Sunday and Wednesday. (Morning is the ideal time however if it is not convenient for you please do the testing the evening before).

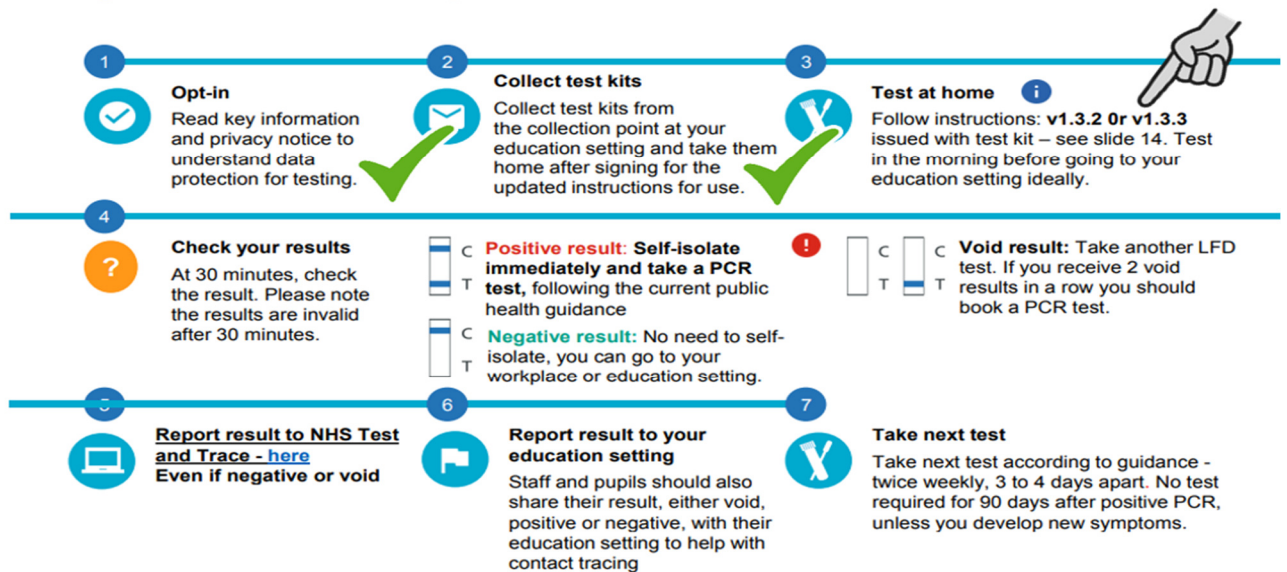
Can my child take the test themselves?

Students aged 12-17 should do the test themselves with adult supervision. The adult may help them to take the test if they need support.

Students aged 11 must be supervised by an adult when testing and the adult must report the result.

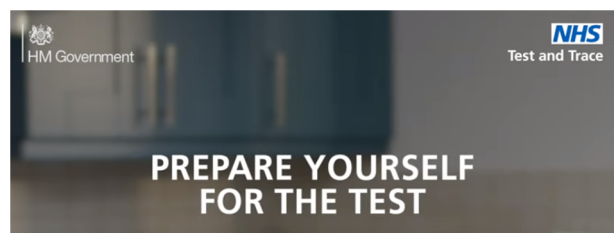
IMPORTANT: Tests are only for the use of the person assigned the kits, they should not be taken by anyone else.

Testing at home – the process



Before taking your test, you must do several things:

1. Read the privacy notice (on our website) to understand what will happen with your data.
2. Have a copy of the instructions - this has been given to the students (use the separate one, not the one in the pack)
3. Record your details in the Test Kit Log (see following slide for details) - this is at the back of the blue Instruction booklet.
4. Try not to eat, drink or brush teeth before the taking the test



During the test:

All students doing tests in the academy have been amazing and are now well practiced at testing themselves.

- Get all the equipment out on a clean surface
- Your child may need a mirror
- Make sure you have enough time to do the test
- Help and support is available <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 you how to take the test
<https://www.youtube.com/watch?v=S9XR8RZxKNo&list=PLvaBZskxS7tzQYIVg7lwH5uxAD9UrSzGj&index=2>
- This does not replace symptomatic testing. **If you have symptoms, you should self- isolate immediately, book a PCR test and follow national guidelines.**
- Keep calm and be brilliant

You need to report each test result

The result of each test needs to be reported to the NHS and the academy:

NHS Test & Trace self-report website: <https://www.gov.uk/report-covid-19-result>

Outwood Academy Freeston Google form - the form to use has been shared via text and Xpressions and on your child's year group google classroom.

Reporting problems or issues with testing

If there is an issue with the test kit, for example something is missing, please report it by calling 119 and please also tell the Covid Coordinator & Registration Assistant - Jackie Perkins by emailing enquiries@freeston.outwood.com

If an accident or injury happens whilst using the test kit, please seek medical care by calling 111 (or 999 if it is an emergency). Please also report what happened using this website: <https://coronavirus-yellowcard.mhra.gov.uk/>

Positive test: the student plus anyone in the household and any support bubbles you are part of should self-isolate immediately in line with NHS Test and Trace guidance for 10 days.

If you receive a positive Lateral Flow Test then you should then book a PCR test to validate the result.

You must inform the academy immediately so that we can review close contacts for isolation.

If the PCR test is negative, you do not need to isolate any further.

Please remember that these tests are only for student use. If you would like to collect lateral flow tests for any other family members please use this link to locate the closest collection point to you: <https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk/>

While LFD Tests alert us to COVID they do not give us the green light to avoid doing the basics.
**REMEMBER
HANDS - FACE - SPACE**


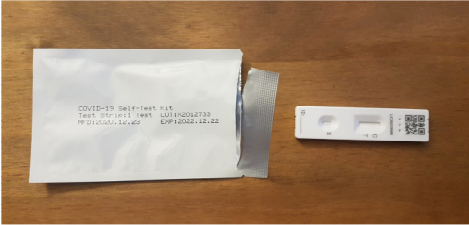
Testing is voluntary, however, the more people who test, the more we support our community. Thank you for your continued support.


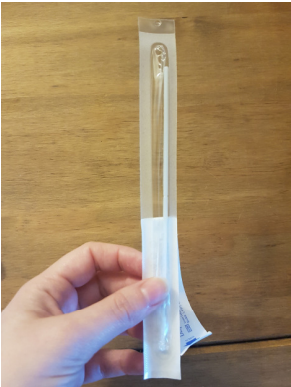
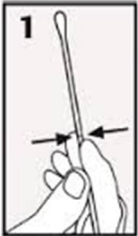





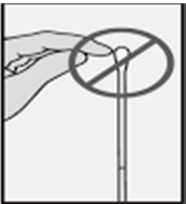
Yours faithfully

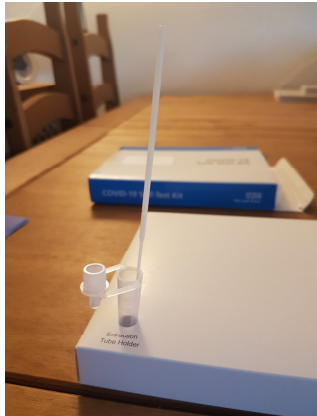
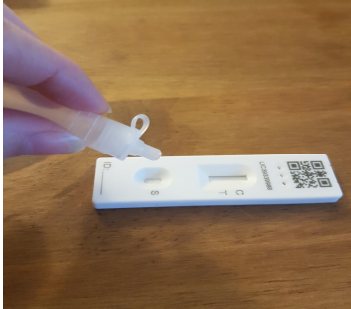
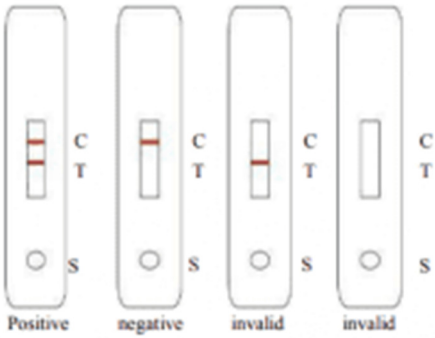


Lisa Allott
Principal

How to complete the test at home:

Step 1	Clear, clean and dray a flat surface before starting and wash your hands.
Step 2	Take one of everything out of the box: <ol style="list-style-type: none">1. Test kit2. Swab3. Buffer solution4. Specimen tube5. Rubbish bag6. Specimen tube holder 
Step 3	Take the test strip out of the packet and put to one side. 

<p>Step 4</p>	<p>Put the buffer solution into the tube.</p>	
<p>Step 5</p>	<p>Blow your nose and wash your hands.</p>	
<p>Step 6</p>	<p>Open up the swab. Keep the soft fabric end in the packet for as long as possible. Do not touch the soft fabric end.</p>	
<p>Step 7</p>	<p>Swab your tonsils 4 times. Swab your nostril by doing 10 complete circles.</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px; margin: 2px;">  </div> <div style="border: 1px solid black; padding: 2px; margin: 2px;">  </div> <div style="border: 1px solid black; padding: 2px; margin: 2px;">  </div> <div style="border: 1px solid black; padding: 2px; margin: 2px;">  </div> <div style="border: 1px solid black; padding: 2px; margin: 2px;">  </div> <div style="border: 1px solid black; padding: 2px; margin: 2px;">  </div> <div style="border: 1px solid black; padding: 2px; margin: 2px;">  </div> </div>	

Step 8	Put the swab into the tube. Squash the tube as you take it out.	
Step 9	Close the lid of the tube.	
Step 10	Add 2 drops of the liquid in the tube onto the test strip in the well labelled S.	
Step 11	Wait 30 minutes	
Step 12	Read the result and report it to www.gov.uk/report-covid19-result	

For regular updates on Academy news and events, follow us on Twitter @OutwoodFreston or view our website www.freston.outwood.com