



## The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

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Dear Parents/Carers,

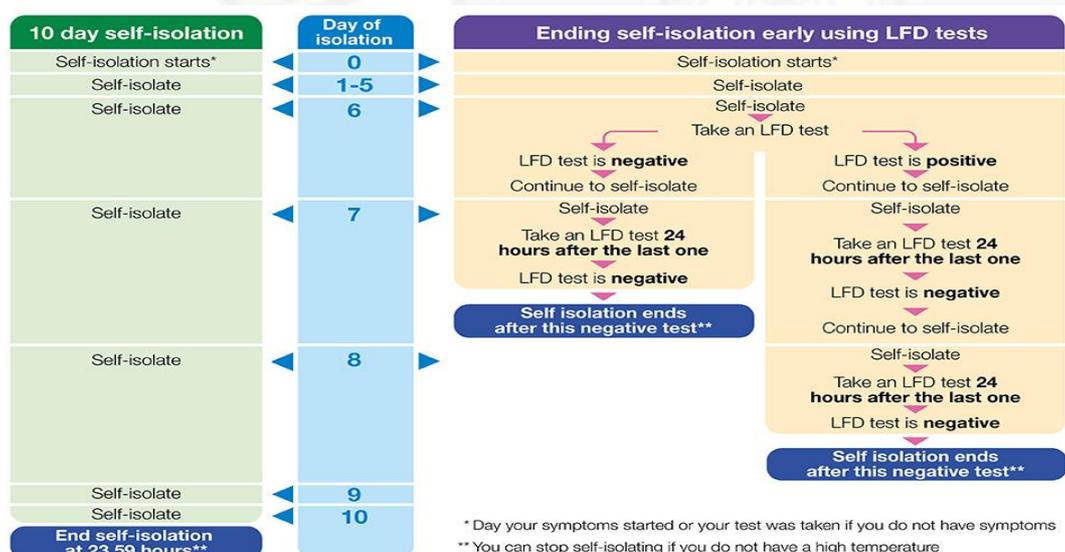
Happy New Year to you all!

I hope that you and your families managed to find some joy and togetherness over the Christmas period. I very much hope that at some point this year our schools, and our lives in general, finally move towards more recognisable normality. For now, I know that many pupils and staff have continued to be affected by COVID during the last three weeks and we must prepare ourselves for ongoing disruption this half-term. It is with this in mind that I am writing to you. Some of what follows is information that has previously been issued prior to Christmas and some is new or updated.

We still advise all staff and pupils to test twice weekly as this appears to be an effective way of detecting asymptomatic Covid-19 cases.

Anyone who has symptoms of COVID-19 should stay at home, self-isolate immediately and order a PCR test. If this PCR test result is positive, you must self-isolate and [follow the advice for people who have COVID-19](#).

The period of isolation has changed. Since Wednesday 22<sup>nd</sup> December, the 10-day self-isolation period for people who record a positive test result for COVID-19 has been reduced to 7 days in most circumstances. Individuals may now take LFD tests on day 6 and day 7 of their self-isolation period (See purple column below). 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 LFD testing at parental or guardian discretion. If both these test results are negative, and the individual does not have a high temperature, the self-isolation period can cease, and the individual can return to their education or childcare setting from day 7.



### What should I do if someone in my household has Covid-19?

If you live in the same household as someone with COVID-19, you are not legally required to self-isolate if you are **fully vaccinated** or **under the age of 18 years and 6 months**. However, you are strongly advised to:

- take an LFD test every day for 7 days, or until 10 days after the household member who has COVID-19 started their self-isolation period if this is earlier;
- take this daily LFD test before you leave your home for the first time that day;
- [Report your LFD test results](#) after taking each test.

Regular LFD tests are **not** recommended for children aged under 5. They should continue to attend school unless they develop symptoms.

If you take an LFD test and the result is positive, you should immediately self-isolate to prevent you from passing the infection on to other people. **From 11 January** in England, people who receive positive LFD test results for coronavirus (COVID-19) **but do not have any symptoms** will be required to self-isolate immediately but **won't** be required to take a confirmatory PCR test.

Anyone who develops 1 of the 3 main COVID-19 symptoms should stay at home, self-isolate immediately and take a PCR test – these rules have not changed. If this PCR test result is positive, you must self-isolate and [follow the advice for people who have COVID-19](#). If this PCR test result is negative, you can stop self-isolating, but you should continue to take your daily LFD tests.

Please follow this advice until the household member who has COVID-19 reaches the end of their self-isolation period.

I would also like to take this opportunity to reiterate that our priorities as a Trust have not changed. We will act to maintain a high-quality education for all our pupils using the resources available to us whilst also ensuring pupils and staff are safe and well. This may mean at times that groups of pupils need to work from home, or that classes are combined (where safe, effective, and possible) as a way of managing staff absence and/ or high levels of infection in year groups. In making these decisions we will continue to be informed by our published risk assessments, contingency plans and by what is best for our pupils. I would encourage you to view such actions (as well as the wearing of face-coverings in secondary classrooms, getting vaccinated, testing and the isolation period) as vital protections rather than restrictions. For most of us daily life is less restricted than it was, but we have an important duty to protect others and avoid the NHS being overwhelmed.

More than ever, it feels like we need to rely on the bonds of compassion and faith that define our Trust community, and we pray that the coming year is one that sees the pandemic recede.

Yours sincerely,



Lesley Fitton  
CEO