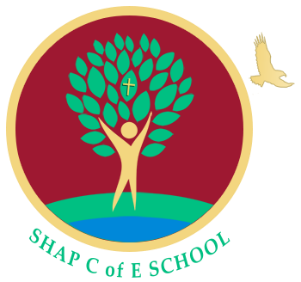
**Shap C E Primary School**

**Main Street**

**Shap**

**Penrith**

**Cumbria**

**CA10 3NL**

**Telephone 01931 716274**

[**admin@shap.cumbria.sch.uk**](mailto:admin@shap.cumbria.sch.uk)

[**www.shap.cumbria.sch.uk**](http://www.shap.cumbria.sch.uk)

**Acting Head Teacher: Mrs Katie Chappell**

# **“A Safe Branch from Which to Soar”**

4 March 2021

Dear Parents

**Re: Lateral Flow Tests for adults who have primary aged pupils**

As you may have seen in the news in recent days, parents of primary school pupils are being asked to test themselves at home twice a week, using the Lateral Flow Tests. Primary school pupils are not being asked to test at this time. The following information is from <https://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff> and we have used the information relevant to parents with Primary School children only. Those with secondary school pupils should follow the rules for that age group or contact their child’s secondary school for further information.

**How to get a rapid lateral flow test**

There are different ways to get a test for school staff, pupils, and members of their households, childcare and support bubbles in England who do not have symptoms of coronavirus. **From 1 March 2021**, if you’re a member of a household, childcare bubble or support bubble of staff or a pupil you can get a twice-weekly test:

1. through your employer if they offer testing to employees
2. at a local test site *(we have included the link but there appears to be no test sites for asymptomatic people in Cumbria)*
3. by collecting a home test kit from a test site
4. by ordering a home test kit online

#### **Get a test through your employer**

Your workplace may offer rapid lateral flow testing to you. Contact your employer to find out more.

#### **Take a test at a rapid lateral flow test site**

*You can take a rapid lateral flow test at a local site. Testing at these sites is assisted, which means you will swab yourself under the supervision of a trained operator. You may need to book an appointment.* [*Find your nearest rapid lateral flow test site*](https://maps.test-and-trace.nhs.uk/)*.*

1. **Collect test kits**

You can collect 2 packs of home test kits at a local collection point. Each pack contains 7 tests. Anyone 18 or over can collect. Most collection points are open from 1.30pm to 7pm. You can check online if the location is open or busy before you go. You do not need to make an appointment.

Do not visit a collection point outside opening hours, as it may be used to test people with coronavirus symptoms outside these times. [Find your nearest home test kit collection point](https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk/).

#### continued….

#### **Order home test kits online**

If you cannot get tested at your workplace, or are unable to go to a test site or collect test kits, you can order a home test kit online.

Do not order online if you can get a test through other methods. This frees up home delivery for those who need it most.

[Order rapid lateral flow home test kits](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)

### **What twice-weekly testing involves**

You will be asked to:

* take a test twice a week (every 3 or 4 days apart)
* report every result to NHS Test and Trace on the same day you take the test

[Report your test result online](https://www.gov.uk/report-covid19-result)  or by calling 119. *(The link here will take you automatically to the correct website but it will be useful to make a note of this for future use should you not be accessing via the link)*

If anyone tests positive or gets coronavirus symptoms, **they should tell the school** and:

* self-isolate immediately
* get a PCR test to confirm the result
* follow the [stay at home guidance for households with possible coronavirus infection](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance)

A negative result means the test did not find signs of coronavirus. But this does not guarantee you do not have coronavirus, so you should keep following all [coronavirus advice](https://www.gov.uk/government/publications/how-to-stop-the-spread-of-coronavirus-covid-19/how-to-stop-the-spread-of-coronavirus-covid-19) including:

* regular handwashing
* social distancing
* wearing a face covering where recommended

**Please remember you are testing the adults** within your primary aged child’s household and support

bubble and we would ask that you email [head@shap.cumbria.sch.uk](mailto:head@shap.cumbria.sch.uk) immediately if a positive result applies.

We hope that in taking part in this national testing programme it will allay any concerns parents may have about sending their child back to school next week. Staff working, in school, have been following a similar testing programme since the beginning of January and it has been very successful.

If you have any concerns please do not hesitate to contact me.

Katie Chappell

Acting Head Teacher