



Cottesmore St. Mary

Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON



Headteacher: Rachel Breen B.A. Hons.

25th March 2021

Dear parents / carers

I hope that you, and your families, remain well.

Please see the attached letter about the super offer for each member of your household being able to receive and complete Lateral Flow Tests.

All school staff have been completing LFT twice weekly for over a month now. They are really quick and simple to use and I would urge you all to do so. The new variant of Covid-19 is much more transmissible and a large percentage of people are asymptomatic, so these tests add an extra layer of protection for your family, the community and wider population. Having completed them myself, it really does add an extra layer of peace of mind.

Whilst these tests have not been known to give false positives, they are recognised to be 80% effective regarding identifying positive results so the need for distancing and other measures is still required even if you receive a negative result and you must still visit a test centre test, if you display signs or symptoms, even if your LFT shows negative.

To complete the test, you rub a thin stick on each side of your tonsil and then insert it up your nose before inserting it into a small vile of liquid. You then place a droplet on a test strip and await the results. I complete the whole process in about 5 minutes and am able to do so, with ease, before school. Many of our staff were put off initially having thought it would be an unpleasant experience or that it might hurt etc but they have all since reported that it isn't too bad at all. As said, this is a swift and simple process that is offered for free, and bring the benefit of helping to contain this virus.

Test results do need to be logged on a website but again, please do not be put off by this as, it takes approximately 2 minutes to upload from a device or phone. If you find this a problem, school can support by helping you learn how to do it. Basically, we would like as many people to sign up to this as possible that we will do all we can to make the process as easy for you as possible.

As said above, we cannot urge you enough to collect and complete tests twice weekly and thank you in advance for doing so and it would be great if you could encourage friends of school age, or nursery children, to do the same. The staff would also be increasingly grateful as, the more we do to stop the virus spreading, the less likely potential bubble closures will be plus the less likely transmission will be and therefore the worry of potential hospitalisation or long term effects.

Huge thanks in advance for your support.

Rachel Breen

As ever, I'm always here if you need any support at all. Rachel Breen, Headteacher



To:
Parents/Carers of Nursery and Primary
School phase children

Date: 19 March 2021

Dear Parents and Carers

This letter provides important information about COVID testing for people in households with primary aged children or children under 5 who are going to nursery or to a childminder.

The Government has now expanded the offer of Lateral Flow Device (LFD) COVID home test kits. Parents, carers and adults in households where a child attends nursery, is cared for by a childminder or attends primary or secondary school are recommended to test twice weekly. LFD tests are for people who are symptom free. They can identify people who have COVID but have no symptoms who could be passing it on to others without knowing.

Who are COVID LFD home test kits for?

Adults in households with nursery, primary and secondary school and college age children, and childcare and support bubbles.

Children and young people who are in secondary school and college (tests provided by the schools)

They are NOT for primary school aged children or younger children

What's the purpose of the test?

Adults and secondary school pupils in the household who do not have any symptoms are asked to test twice a week in order to increase the chance of identifying someone who has Covid-19.

Which test should I use?

If you, your child or anyone in the household has symptoms that could be COVID

Get a PCR test [Get a free PCR test to check if you have coronavirus - GOV.UK \(www.gov.uk\)](https://www.gov.uk/get-a-free-pcr-test)

Do not use an LFD home test

Use LFD home tests for twice weekly routine symptom free testing of adults

What's the difference between LFD home tests and PCR tests?

The PCR test is for people with symptom of COVID. The results take a day or two to come back.

The LFD test is for people without symptoms of COVID. You can do the test at home and get the result immediately. If the result is positive you will need to get a PCR test to confirm the result.

Do's and Don'ts

DO Take the LFD test twice a week and report your result whether it is positive or negative following the instructions in your test kit.

DO Confirm a positive LFD test result by getting a PCR test

The household should start self isolating

Book a PCR test appointment or order a PCR test kit to be delivered to your home. [Get a free PCR test to check if you have coronavirus - GOV.UK \(www.gov.uk\)](https://www.gov.uk/get-a-free-pcr-test-to-check-if-you-have-coronavirus)

If the PCR test is negative, the household can stop self-isolating

DON'T Use the LFD test for your primary or pre-school aged children

If they have been instructed to self-isolate as a contact of a COVID case – a negative result (either LFD or PCR) will not allow your child to return to school or nursery before the end of their 10 day self-isolation period.

DON'T Use the LFD test if your child or anyone in the household has COVID symptoms

if you, your child or anyone in the household has COVID symptoms, they must book a PCR test.

A negative LFD home test result only shows a reduced risk of having COVID.

A positive LFD home test result requires a PCR test to confirm.

How can I get my COVID LFD home test kits?

There are two ways of getting hold of home test kits for households of children and young people.

Collect locally

Collect up to 2 test kits with 14 individual tests from the following test sites between 1.00 and 8pm Mon-Sun. You don't need to book just turn up and collect.

These sites are located at:

- East Brighton Tennis Courts, Brighton BN25UA
- Preston Park Brighton BN16SD
- Disused School Site - junction of Mile Oak Road and High Street - Portslade BN41 2PG

For more details: <https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk/>

Online ordering for self-test. Order 1 test kit with 7 individual tests on-line for delivery to your home. For more details: [Schools, nurseries and colleges testing: order coronavirus \(COVID-19\) rapid lateral flow home test kits - GOV.UK \(www.gov.uk\)](#) .

For further information about testing: <https://www.brighton-hove.gov.uk/covidschools>

Thank you to you and your families for your support and understanding at what we know is still a challenging time.

Your sincerely,



Deb Austin
Executive Director,
Families, Children & Learning.



Alistair Hill
Director of Public Health