

Shenley Brook End School

COVID 19 Newsletter

March 2021



Asymptomatic COVID 19 Lateral Flow Testing at school

From the 8th March, during the first two weeks of school we will be carrying out approximately 6000 LFD tests in school. If you haven't done so already, please complete the consent form - please refer to parent communication.

All students will be tested 3 times in school. Following this they will be provided with home testing kits for you to complete at home. Further information on home testing is provided below.

The first test will need to be completed before students are able to be back in school. Should you not want your child to take part in the programme they will return to school at the same time as their peers, the day after the year group has been tested.

Is this compulsory?

Testing is voluntary, but we are advising all students and staff to participate in the programme as we know one in three people who have COVID 19 do not display any symptoms. Your child will still be able to come into school if they do not take part in the programme.

Testing schedule

You will be sent a school's communication letting you know what time your child needs to attend school for their first test. Initially, they will be invited into school with their form group.

Unfortunately, we are unable to accommodate any changes to the times your child has been allocated as we must comply with the NHS testing schedule, and with 6000 tests to complete in two weeks we have a challenging and complex schedule..

If your child is displaying Symptoms of COVID 19

Students with symptoms (high temperature in the previous 48 hours, new persistent cough or a change/loss of taste or smell) should **NOT** attend school and should seek a PCR test through a drive through or walk-in centre. The whole household must self-isolate for 10 days or until results are known. Please follow the government guidance regarding isolation.

Where is the testing happening?

Students will need to arrive at school 5 mins before their allocated time by the 6th form entrance and ensure they are socially distanced from their peers. They must queue outside school on the marked areas (2 metre distance). They **MUST** be wearing a face covering, or their lanyard if they are exempt, and sanitise their hands before entering the school building.

Please make sure students wear full school uniform and appropriate clothing ie warm coat for the weather on the day (bring an umbrella if it is raining) as you may be waiting outside for up to 20 minutes. They will enter school by the 6th form entrance and will leave via phase 3 gates at the side of the theatre. The testing site is in the theatre.

Please follow this [LINK](#) for further information.

Testing site

The testing site has been set up in line with NHS guidance and all staff assisting will be wearing appropriate PPE.



Testing site at school


Registration Desk

Each student will be given a card on entry and a bar code for the test. Please ensure your child is registered online either prior to the test or within 24 hours of testing. See information on how to register below. You will **NOT** receive the results of the test unless you register.

COVID-19 Lateral flow testing registration – to be completed by a parent/guardian/carer.

Registration card

Everyone who has had a COVID-19 lateral flow test at school will receive a registration card.



Bar code

Each time your child is tested they will receive a different bar code which must be used for registration with Track and Trace.

What to do if your child has a positive result

School staff will contact you if your child has a positive COVID-19 lateral flow test result. You will need to book a PCR test through the walk in or drive through centre in Milton Keynes to confirm a positive COVID 19 result. We also have postal PCR tests available – please contact enquires if you require a test.

Members of the household must self-isolate until the result of the PCR test is confirmed in line with government guidance. Please inform the school of your PCR test result when known.

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

Test ID site code

SBES – you will need this ID code when you register.

Registration

Please scan the QR code or visit the following website to register your child within 7 days of the test.

[Register a test kit - GOV.UK \(test-for-coronavirus.service.gov.uk\)](https://gov.uk/test-for-coronavirus.service.gov.uk)

Test result

You will receive notification of your test result through track and trace. A member of school staff will also notify you if your child has a positive result.

How to register a test

Testing process

There is a one-way system in place throughout the testing centre. Students will be shown how to self-swab – please note staff will not be assisting with swabbing and students must do this themselves.

[Here](#) is the link to how to take a swab.

It would be useful if your child could have a look at this before they come to get a test. Most students who have had a swab have said that it was easy and not as bad as they thought it would be.



Testing bays

HM Government

Take swab sample

Step-by-step guide

Need help?
If you have any questions or problems with this test kit, please alert a member of staff.

1. Remove your face covering. Look inside your mouth, and find your tonsils at the back of the throat. You can use the mirror to help. Your tonsils or where they would have been (if they are removed) are where you will swab your sample.
2. Gently blow your nose into a tissue. Throw the used tissue into the clinical waste bin provided. This is so that you get rid of excess mucus.
3. Use hand sanitizer to clean your hands. This is so that you do not contaminate the test kit.
4. Check if there is a swab in a sealed pack in front of you. Identify the soft, fabric tip of the swab.
5. Open the package and gently take out the swab. This is so that you do not contaminate the test kit.

Do not touch your tongue, teeth, cheeks, gums, or any other surfaces with the fabric tip of the swab. The swab is invalid if it touches these parts, and you will need to get a new swab. If this happens ask a member of staff to get assistance.

The swabbing may feel uncomfortable. Do not insert the swab any deeper if you feel strong resistance or pain. If there is blood or vomit on the swab sample, please alert a member of staff.

6. Holding the swab in your hand, open your mouth wide and rub the fabric tip of the swab over both tonsils or where they would have been at the back of the throat with good contact, at least 3 times (use a mirror to help you do this). Carefully remove the swab stick from the back of your throat.
7. Put the same end of the same swab gently into one nostril until you feel a slight resistance (about 2.5cm or 1 inch up your nose). Roll the swab 5 times along the inside of the nostril.

After collecting the sample hold the swab upright in your hand, do not put it down and notify one of the testing assistants. Be careful not to touch any surfaces with the swab. Put on your face covering.

Follow the instructions from a member of staff on what to do next.

Use hand sanitizer after handing in your sample.

How to take a swab

Follow-on testing in school

Your child will have a further two tests in school 3-5 days apart. These will be scheduled during the school day.

Home Testing

Following the three tests in school, students will be given home testing kits which need to be completed twice a week, 3-4 days apart.

How often do we need to test?

Students and staff will need to test twice a week, 3 to 4 days apart, usually before they come into school. Two home testing kits will be provided via school for those who have signed up to the programme per week. You may receive between 6 and 7 testing kits per students which will last 3-4 weeks (please note we have not received the testing kits in school yet, but we anticipate they will be received after the 3 tests are completed).

Can children and young people swab themselves at home?

Secondary pupils aged 11, should have the test administered by an adult, students aged 12-17 should be supervised by an adult but can swab themselves.

Can we use the testing kits for other members of the household?

Unfortunately, we will only be supplied enough testing kits for our students and staff.

When to test

It is recommended that you test yourself in the morning before attending school (so there is less chance you get infected between taking the test and attending the setting). However, you may choose to do the testing the evening before, especially for the first time, to give you more time to get accustomed to the test, and to have more time for school to react to a positive test result.

How to test

Please follow the instructions which will be provided in the home testing kits and visit the following YouTube for more information [HERE](#).

How to report your test results online

You are required to report your results online, or by phone every time you take a test, even if the results are negative or void. Please report all results [HERE](#).

Please note the school will not be notified of the result.

Report a COVID-19 test result

Use this service to report your result to the NHS after using a coronavirus (COVID-19) lateral flow test kit.

A lateral flow test is a coronavirus test you do yourself. It shows you the result on a handheld device that comes with the test.

Report the result:

- every time you use a lateral flow test kit
- as soon as possible after you get the result

You cannot report a result after more than 24 hours.

Start now >

What to do if you have a positive result

If you receive a positive LFD result please contact school using the dedicated COVID track and trace email address track@sbeshool.org.uk. Please let us know the date of the result, any students your child has been in close contact with, either on way to and from school or at school (including break and lunchtimes) so that we can reduced transmission by advising those to self-isolate as soon as possible.

You should book a confirmatory PCR test through the NHS [Get a free NHS test to check if you have coronavirus - GOV.UK \(www.gov.uk\)](#). We would advise visiting a community or drive through test site as this is the quickest way to get tested, or you can order a home test kit. It is important that you and any household members self-isolate until the result of your PCR test.

What to do if my child or a member of the household has symptoms

If students have any signs and symptoms of COVID 19 they must remain at home and seek a PCR test. Please notify the school as soon as possible if your child and anyone in the household has any symptoms or has received a positive PCR test track@sbeschool.org.uk We recommend that your child seeks a PCR test if they have any symptoms.

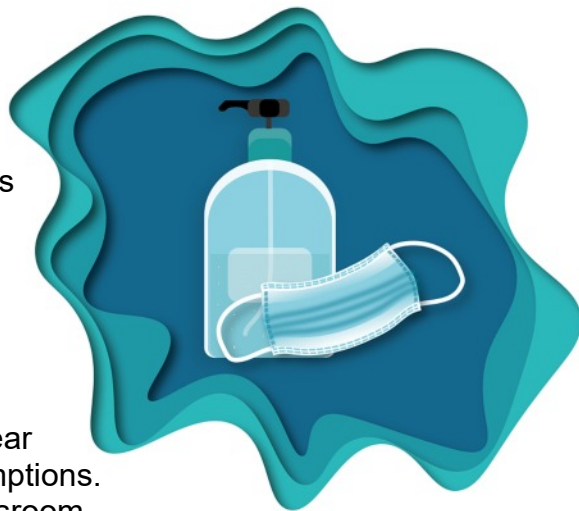
Reducing transmission in school

Hand washing/sanitisation

All students returning to school must sanitise or wash hands with soap and water when they enter the school building and are encouraged to repeat this throughout the day, lesson change over and during break times.

Face coverings

Face coverings must be worn when in the school building unless students are exempt. Please contact your child's year leader if you require any further information regarding exemptions. In addition to face coverings being worn outside of the classroom, Public Health England are recommending face coverings to be worn during lesson time due to the new variants and increased risk of transmission. Face coverings during lesson times will be reviewed in line with government guidance during the Easter break. Face coverings will not need to be worn if students are outside. We recommend students bring at least 2 face coverings each day.



How to wear a face covering to give maximum protection

- Wash or sanitise your hands before putting it on
- Ensure the mask goes up to the bridge of your nose and all the way down under your chin
- Tighten the loops or ties so it's snug around your face
- Avoid touching your face, or the parts of the mask that cover your nose and mouth
- Wash or sanitise your hands before taking it off
- Use the ear loops to take the mask off and wash or sanitise your hands afterwards.

Students will need to bring 2 face coverings per day into school (surgical masks are only effective for up to 4 hours or if they become damp soiled or damaged. If a face covering gets dirty, wet or damaged, or if you touch the inside of it, then you should change to a new one following the steps above). Students will also be required to have a plastic bag in which to keep their face covering when eating or drinking. Face coverings can be discarded in the black bins across school.

Please take a look at this video for putting on and removing a face covering safely [Teach Your Kids How to Put On and Take Off a Mask - YouTube](#)

Equipment

Students are encouraged to have their own equipment in school including pens, pencils, rubber, calculator, learning passport and hand sanitizer. Students within the same bubble can share equipment provided by the teacher during lessons, but this will be kept to a minimum where possible and students will be discouraged to share/loan each other equipment.

Social distancing

Where possible, students will be required to maintain a social distance of 2 metres from school staff. We know that this is not always possible, particularly when working with pupils with complex needs, or those who need close contact care. Students are advised to avoid touching one another to reduce transmission.

Ventilation

We are following HSE government guidance and will be maintaining ventilation by ensuring windows are kept open throughout the day where possible or are opened every 15 minutes for 5 minutes or more. We are advising students to ensure they have the correct uniform and to wear a jumper or T-shirt under their shirt to keep warm. Whilst the weather remains unsettled, students will be able to wear coats in lessons at the discretion of the teacher.

Student wellbeing

We know that most of our students are looking forward to coming back to school. They will see their friends and be able to engage with their learning face to face. For some, this maybe more challenging. Some may be worried about mock exams, worried about things that may have happened at home during lockdown, or worried about their friendship groups or schoolwork they think they have missed out on. We want to make the transition back into school as easy as possible; form tutors, year leaders, progress leaders and the wider pastoral staff are all here to help. We recognise that some students may need some additional support to help them manage their mental health and wellbeing. The wellbeing team are on hand to offer further information, advice and support through wellbeing Wednesday's, virtual drop-in sessions, one-to-one, group support or counselling. If you are concerned about your child, please contact wellbeing@sbeschool.org.uk students can also self-refer using the same email address.

We appreciate there is a lot of information here – please keep it safe and continue to refer to it. If you have any questions, please email enquiries@sbeschool.org.uk
