



Friday Note

St Bede's & Byron

Staying home. Staying learning. Staying in touch.

Planning our Return: How to test your child

We have no higher priority than ensuring that entire community at St Bede's & Byron remains safe and healthy. In order to maintain this throughout the imminent return to school, consenting staff and pupils shall be tested regularly in order to prevent transmission of COVID-19. For pupils, this will be three times on the school site until March 12th. From March 15th, consenting pupils will move to home testing twice per week. On Page 2, we have provided the government advice and guidance regarding testing of students at home for those parents who wish to begin familiarising themselves with this process. We shall, of course, be in contact whenever there is further clarity regarding our return to school and with more information and support on home testing.

Scan this using your device to view NHS video guidance and instructions on how to test



www.youtube.com/playlist?list=PLvaBZskxS7tzQYIVg7lwH5uxAD9UrSzGJ

Source: 'How To Guide' Rapid Testing of Staff and Secondary Age Pupils at home (Self – Test) (23/02/21)

Reminders & Announcements...

Next week: **Week B**

Prayer for the Week...

Heavenly Father,
When your only begotten Son Jesus Christ rose from the dead, he commissioned his followers to "Go and make disciples of all nations" and you remind us that through our Baptism, we are made sharers in the mission of the Church.

Empower us by the gifts of the Holy Spirit to be courageous and enthusiastic in bearing witness to the gospel, so that the mission entrusted to the Church, which is still very far from completion, may find new and effective expressions that bring life and light to the world.

Help us make it possible for all peoples to experience the saving love and mercy of Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, One God, forever and ever.
Amen

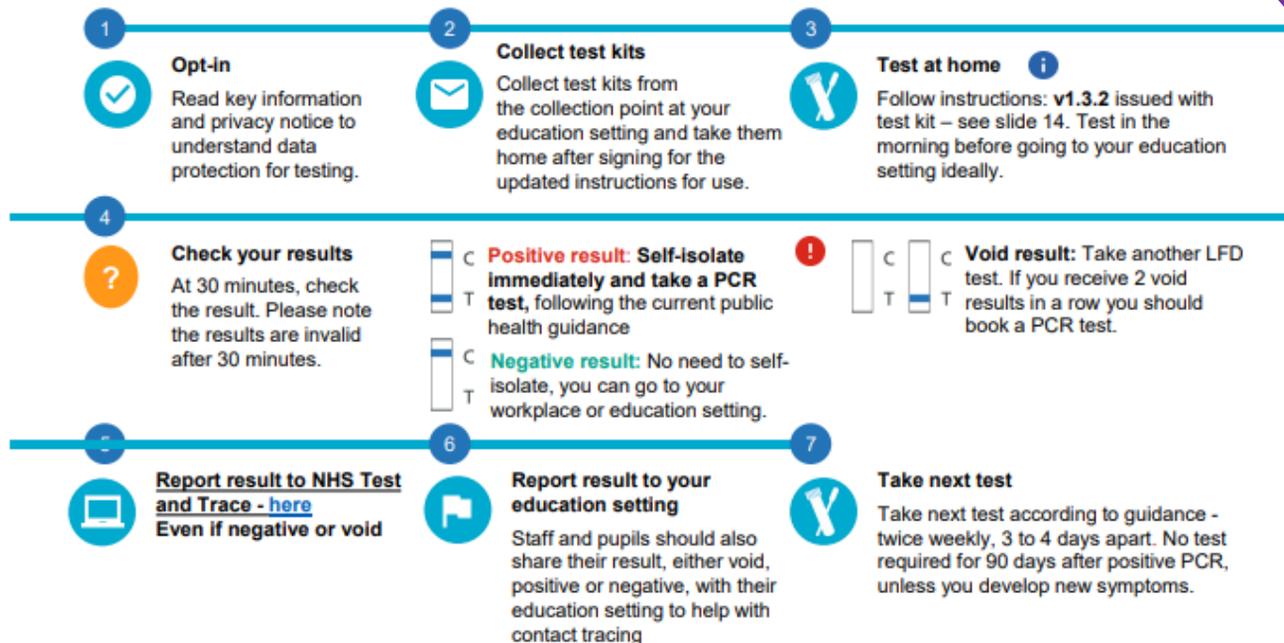


Testing will help to break chains of transmission

You will need to:

- carry out twice weekly testing at home (3 to 4 days apart) before coming into the education setting in the morning
- maintain 'hand-face-space'

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



Key questions

- Why are we testing people without symptoms of COVID-19?**
Up to one in three people who have coronavirus (COVID-19) do not display any symptoms.
- Is this compulsory?**
Testing is voluntary, and you should not be prevented from going into the education setting if you do not take part. The success of this public health measure depends on as many people participating as possible.
- Can children and young people swab themselves?**
No children below the age of 11 should be tested. Secondary pupils aged 11 should have the test administered by an adult, and pupils and students aged 12-17 should be supervised by an adult but can swab themselves.
- How often do staff and students need to test?**
Staff and students will test at home on a regular basis (twice per week, 3 to 4 days apart) usually before they come into the education setting.
- How effective are these tests?**
LFD tests have been widely and successfully used to detect asymptomatic COVID-19 cases. The speed and convenience of the tests supports the detection of the virus in asymptomatic individuals, who would not otherwise have got tested. LFD tests are approved by the Medicines and Healthcare products Regulatory Agency (MHRA). The tests are highly specific, with low chances of false positives. They are also very sensitive and able to identify the majority of the most infectious yet asymptomatic individuals. It is important to remember that these tests are an additional layer of health protection measure in addition to hand washing, face covering and social distancing.
- Where do I get my test kits?**
You can collect your test kits from the education setting that you work at or attend. Test kits were delivered to primary schools and school-based nurseries in January. Test kits will be delivered to other settings from 24 February, and to PVI nurseries from mid-March.
- Are all staff included in the testing programme, or only teaching staff?**
Enough test kits are being supplied for all staff on-site, including nursery and support staff, such as those responsible for running breakfast and after-school clubs.

Weekly Creative Challenge...

This week, in honour of Carnival and the Masked Reader (which is taking place on World Book Day), we are making our own masks!

Take a piece of paper, and cut it in one of the shapes shown in the picture on the right. Next, decorate! You can choose whatever design you would like. It can be a Carnival-styled mask like in the video you watched in tutor, or it can be something entirely different!



CHALLENGE: Send in a picture of your creative mask for a chance to be featured in the next Newsletter! Also, a secret judge will decide the top 3 masks and those people will earn credits!

Well-Being & Looking after ourselves...

Anxiety can be a very uncomfortable feeling and some students might be feeling anxious about coming back to school beginning March 8th. To help calm these worries, here are two exercises you can practice before coming back and then use in the classroom.

5 - 4 - 3 - 2 - 1

Identify:

- +5 things you can see
- +4 things you can hear
- +3 things you can touch
- +2 things you can smell
- +1 thing you can taste

4 - 4 - 8

Steps:

- +Breathe in your nose for 4 counts
 - +Hold you breathe for 4 counts
 - +Breathe out your nose and mouth for 8 counts
- REPEAT: 3-4 times

Each of these processes can help re-focus your mind on the present and can help ease feelings of anxiety.

CHALLENGE: Practice each of these exercises twice this week. Do they make you feel calmer?

