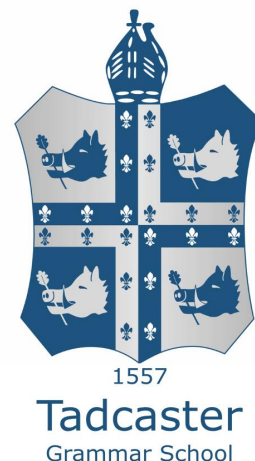


Be Your Best Self

Monday 21st March 2022



Dear parents and carers,

I hope this finds you well?

Covid-19 Update

After taking advice from Public Health (North Yorkshire), I am writing to let you know we are experiencing an increase in confirmed cases of COVID-19 amongst staff and students. I have been asked by Public Health (North Yorkshire) to share the following general current government advice with you so you can assist with ensuring the school is able to stay fully open for all students.

Since 24th February 2022, close contacts are no longer required to undertake daily LFD testing for 7 days (or isolate if an unvaccinated adult). Instead, you are advised to carefully follow the general guidance [Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-how-to-stay-safe-and-help-prevent-the-spread) to limit the risk of further spread of COVID-19. This includes:

- Getting vaccinated (as appropriate according to age);
- Letting fresh air in if you meet with others indoors, or meeting outside where possible;
- Continuing to wear a face covering in crowded and enclosed spaces, especially where you come into contact with people you do not usually meet;
- Staying at home if you are unwell;
- Taking a test if you have COVID-19 symptoms, and staying at home and avoiding contact with other people if you test positive;
- Continuing to use lateral flow tests as a way to manage your personal risk and the risk to those around you. This may be particularly important before visiting people who are at higher risk of severe illness if they get COVID-19;
- Washing your hands regularly and following advice to 'Catch it, Bin it, Kill it'.

There is additional guidance for contacts who live in the same household or who have stayed overnight in the same house as someone who has tested positive with COVID-19: [COVID-19: people with COVID-19 and their contacts - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/covid-19-people-with-covid-19-and-their-contacts).



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Anyone who develops symptoms of COVID-19 should stay at home and take a PCR test (until 1st April 2022 you can continue to order PCR tests from <https://www.gov.uk/get-coronavirus-test>).

The main symptoms of COVID-19 are a recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

However, other commonly reported symptoms of recent variants include headache, sore throat, tiredness, and cold-like symptoms, so please be aware of these as well and stay at home and seek further testing if you are in any doubt.

A list of local testing facilities and opening times is available here:

<https://www.northyorks.gov.uk/coronavirus-covid-19-testing>

If you are experiencing difficulty sourcing lateral flow test kits, please ask your child to pick up a box from school reception.

Update from our Ukraine Appeal

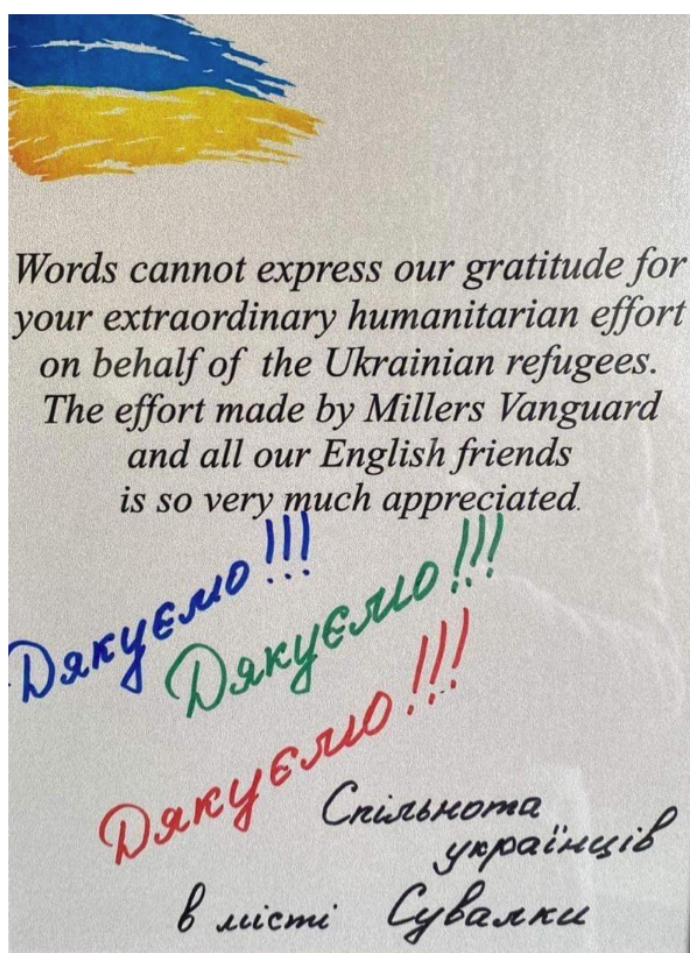
Following our recent collection for Ukraine where the school community gave so generously, we have been contacted by the couriers who have driven the donations to Poland for onward distribution.

The Tadcaster Grammar School Community comes together to donate



Our donations arriving in Poland last week.





Kind regards,

Andrew Parkinson
Headteacher