



Sherburn High School

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Dear parents and carers,

I'd like to begin by wishing you all a belated Happy New Year and by thanking everyone for ensuring that our staggered return to school for the new term, to accommodate Covid-19 testing was extremely successful. Thank you; I know it's not easy for families to accommodate changes like a staggered start and as always, your support does not go unnoticed or unappreciated.

Covid-19 Updates

As you are no doubt aware yesterday marked a change for guidance in relation to confirmatory PCR tests following a positive Lateral Flow Test. See below for how the changes impact students attending schools:

- Staff and students are encouraged to continue twice weekly testing with lateral flow device (LFD) tests. At Sherburn High School we encourage testing to take place on Sundays and Wednesdays. The government encourages all test results (positive, void and negative) to be recorded via NHS Test and Trace so that an accurate picture of the spread of the virus is maintained;
- Parents and carers visiting the school for a meeting are strongly encouraged to take a test using an LFD prior to their visit to school;
- From Tuesday 10th January, anyone testing positive on an LFD is no longer required to get a confirmatory PCR test. Instead individuals should presume that they have tested positively for Covid-19 and begin to isolate. The government's Stay at Home guidance can be found [here](#).
- Students can take an LFD test from 6 days after their symptoms started (or the day the test was taken if they did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these tests are negative, and they do not have a high temperature, they may end self-isolation and return to school.

What is the position of individuals without symptoms returning after 10 days if their lateral flow is still positive?

- They may return to their education setting after the 10th day of their isolation period even if they have a positive LFD test result.
- This is because they are unlikely to be infectious after the 10th day of their isolation period. If they still have a high temperature after 10 days or are otherwise unwell, they should stay at home and seek medical advice.

Whilst we endeavour to ensure our communication is as up to date and as accurate as possible, you will be aware that the guidance is subject to rapid change. I will of course write to you as soon as we are aware that things have changed.

Parking at Pick up and Drop Off

A plea! Please can we be respectful towards our neighbours and refrain from parking on Eversley Mount. Just last week we had a local resident unable to get in and out of their driveway due to cars parked, waiting for students at the end of the day.

“The things I wish my parents had known...”

The Children's Commissioner, Dame Rachel de Souza DBE, has recently published a guidance document for parents helping to support them to understand online sexual harassment. It is a sensitive topic, and not one all parents/carers feel comfortable discussing with their children. The commissioner's team brought together a group of 16 - 21 year olds and asked them to talk about what they think parents should know, and what they should say to their children when talking about sexualised bullying and the pressures of growing up online.

Key advice from the young adults in the focus groups included:

- Start conversations early, before your child gets a phone or social media account. Keep the conversation going over time, adapting to your child.
- Young people want their parents to learn about new technology and trends, including risky behaviours and dangerous spaces online.
- Create a safe and trusting home environment. Young people told us the home environment is key, they want to share things with their parents but don't always feel able.

The report and poster 'The things I wish my parents had known...' can be downloaded here: <https://www.childrenscommissioner.gov.uk/report/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/>

And finally...

Thank you to the eagle-eyed parent who spotted our new website and posted some praise on Twitter! Yes, the rumour is true, our website has a new look ready for the new year; we hope you like it as much as we do.

Thank you as always for your on-going support,

Yours sincerely,

Miriam Oakley
Headteacher
Sherburn High School