

Orchard Mead Academy

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Principal: Mr I Patel

Dear parent/carer,


COVID-19 Student Self-Testing





Until further guidance is available we will be continuing with self-testing. For those students who have signed up for self-testing, the following is a reminder on how to complete Orchard Mead Academy's testing procedures.

Step 1: Carry out LFT Test on Monday and Thursday mornings

- Students aged 12 and over can test themselves. Those aged 11 will need parents to administer the test. Tests should be carried out 30 minutes after eating/drinking. Results show after 30 minutes.
- Students are to test themselves on Mondays and Thursdays, by 8am. This YouTube video may also prove helpful ([How to do a COVID-19 Self Test \(rapid antigen test\) - YouTube](#)).

Four easy stages of a rapid COVID-19 self-test



 <p>1 Set-up: sanitise testing area and hands, unpack kit, read instructions</p>	 <p>2 Swab: throat then nose</p>
 <p>3 Process test: place swab in liquid in tube, squeeze liquid onto test device</p>	 <p>4 Read result: ensure test device is on a flat surface, wait and read result at 30 minutes</p>

Step 2: Inform school of results

- For every test done, please complete the Microsoft Form:
 - https://forms.office.com/Pages/ResponsePage.aspx?id=dwVkJaEh40yLyFu5DKutdR0W_LkG8rVLi65TafqtQSZUMIFTOEdYTk40VjBIRTEwNzIDM09HWVBWVi4u
- If positive, students and everyone in their household will need to self-isolate for 10 days. Government guidelines also state that a full PCR Covid test must be completed. [Get a free PCR test to check if you have coronavirus - GOV.UK \(www.gov.uk\)](#). If this result is negative, students can return to school. A copy of this result must be sent to the school.

Step 3: Inform NHS Test and Trace of results

- Register the test on the NHS Test and Trace website (see instruction leaflet in test pack for information on how to do this).

Please see our Frequently Asked Questions page which includes information on what to do if a student requires more tests.

Kind regards,

R. Hill

Librarian & Covid Testing Coordinator