



Dear Parent/Guardian

It was so nice to see all the school pupils back on site yesterday, and to hear the sound of them playing in the fresh air at break and lunch times. Almost all pupils were back and eager to see their friends and teachers. We hope this is another step on the journey towards normality. A couple of points have come up over the holidays so I've included them in this extra message

LFT Tests

The government has announced that schools will have the flexibility to offer LFT tests to year 7-9 pupils from Monday 19/4/21 **if the school has sufficient tests**. I attach an NHS letter explaining the tests, and a consent form and privacy notice are also attached to this message. In order for pupils to receive the home test kits next week, parents will need to complete and return the consent form to caniatad@penweddig.ceredigion.sch.uk. The tests are offered as an option but are not compulsory and the school does not carry out any tests - these are done at home on Sunday and Wednesday evenings.

School uniform

With children growing so fast, we understand that many are now too big for their school uniform. Clothes shops have now reopened but it will take some time to sort out some problems with the uniform. We understand that the first two weeks ago will be a time of adjustment, but if the problems are likely to continue after this, we ask that you contact the progress and wellbeing leader.

Our changing rooms will be out of use for the term so we will continue to ask pupils to wear an PE kit on days with PE lessons.

Canteen

The canteen has adapted their menu over the lockdown period, and I will attach the menu for the next few weeks. Technical work has taken place over the lockdown period to adapt the payment system to introduce a cashless system. Further details will be coming over the coming weeks.

Staffing

I would like to say thank you to Mrs Louise Noakes who is leaving the Art department and welcome to Miss Megan Evans who is taking over the Art department from the start May.

Once again I would like to say thank you for all your support during the lockdown period and look forward to welcoming you back to the school site when COVID regulations allow.

A handwritten signature in black ink, appearing to read 'Rhodri Thomas', written in a cursive style.

Dr Rhodri Thomas
(Headteacher)

From the Headteacher on Behalf of NHS Wales

Re: NHS Test, Trace, Protect: COVID-19 Rapid Lateral Flow Self-Test

The Welsh Government has recently announced that a free and voluntary programme of asymptomatic COVID-19 testing will be available in education and childcare settings across Wales. This offer is available to all staff and learners in years 10-13 and from the 19th of April may be available to those in years 7-9.

Along with the primary infection control measures we have implemented, such as social distancing and good hand hygiene, testing will allow us to provide some additional reassurance to the wider school community.

Up to one in three people who have COVID-19 have the virus without symptoms so could be transmitting the virus unknowingly. Part of controlling the spread of the virus requires identifying those infectious individuals who aren't showing and symptoms and asking them to self-isolate. Lateral Flow Device (LFD) tests have been widely and successfully used to detect COVID-19 in asymptomatic individuals. The speed and convenience of LFD tests supports detection of the virus in asymptomatic individuals who would not otherwise be tested. They are clinically approved and are crucial in the fight against the virus.

As the tests are more sensitive with higher viral loads, there is a risk of returning a negative result when viral loads are low (e.g. in the early stages of infection). This is why it is recommended that two LFD tests are taken 3 to 4 days apart, on a Sunday and a Wednesday or regular testing, to enhance detection by picking up any cases which were not detected during the first test and to catch any new infections.

If you test positive using a LFD, it is likely that you are infectious and you must self-isolate immediately and book and take a polymerase chain reaction (PCR) test within 24 hours of your positive LFD test result. Contact tracing will be triggered following a positive LFD and your close contacts will be required to self-isolate until you receive your PCR test result, if the PCR test result is positive you and your close contacts will have to self-isolate.

A negative LFD result should not be read as a means to relax or ignore social distancing or other virus prevention measures intended to reduce transmission – LFD is an additional tool that contributes to reducing risk.

How the tests work

If you agree to take part, a consent form will need to be completed and returned, you will then arrange with the school/college to collect a pack of LFD test kits which will enable self-testing from home. Tests should be taken 3 to 4 days apart and ideally the tests should be taken as close to coming into school/college as possible. The LFDs supplied do not require laboratory processing and can provide a quick result in around 30 minutes. Comprehensive guidance on self-testing is contained in the 'Instructions for Use' leaflet which comes with the test kit.

Once the test has been conducted each test result must be logged online at www.gov.uk/report-covid19-result. Positive results should also be reported to the school by email to LFT@penweddig.ceredigion.sch.uk.

Purpose of testing

It is important to highlight that the purposes of the testing policy in education and childcare in Wales is to complement the primary control measures (such as social distancing and face coverings) that have already been put in place to enable face to face learning / care to continue and to:

- Rapidly identify those who are regularly on site during learning/care hours, who are unknowingly carrying the virus and ask them to self-isolate to reduce disruption to face to face education / care.
- Complement symptomatic results data with asymptomatic results data to provide a picture of infection rates as marker for the effectiveness, and implementation of, primary control measures and to assist in the early identification of clusters. In addition to a range of other data and public health advice this information can be used to inform national policy decisions.

The testing policy for education and childcare should not be viewed as a 'test to enable' or 'test to return' to face to face learning i.e. it is not a condition of coming on to the site or accessing learning/care. Additionally, this testing offer is entirely voluntary.

Consent / Privacy

All individuals wishing to take part should familiarise themselves with the testing process and privacy notice, if you choose to participate, you are committing to self-administer the test and provide results for all tests (negative or positive).

With our primary protective measures and testing, we will help to reduce the spread of the virus. I am therefore strongly encouraging all staff and learners to take the tests. However, anyone who chooses not to participate should still attend school/college if they are not displaying symptoms.

People who decline to participate in this testing programme should follow the usual national guidelines on self-isolation and anyone should get tested if they show symptoms.

Canteen Menu

WEEK 1

Monday	Minced Beef & Onion Pie with Fresh Seasonal Vegetables Tomato & Basil Pasta Bake with Garlic Bread Pepperoni Pizza Slice Margherita Pizza Slice
Tuesday	Chicken Cymru (Diced Chicken breast served in a creamy cheddar cheese and leek sauce) Fresh Seasonal vegetables Glamorgan Sausages Pepperoni Pizza Slice Margherita Pizza Slice
Wednesday	Roast Beef & Yorkshire Pudding with Fresh Seasonal Vegetables Cheese & Broccoli Pasta Bake Ham & Mushroom Pizza Slice Margherita Pizza Slice
Thursday	Pork Sausages with Onion Gravy and Fresh Seasonal Vegetables Cheese & Potato Pie with Baked Beans Meat Feast Pizza Slice Margherita Pizza Slice
Friday	Breaded Fish & Steakhouse Chips with Mushy Peas or Curry Sauce Macaroni Cheese & Garlic Bread Pepperoni Pizza Slice Margherita Pizza Slice

WEEK 2

Monday	Chicken & Mushroom Pie with Fresh Seasonal Vegetables Fishfingers with Baked Beans Pepperoni Pizza Slice Margherita Pizza Slice
Tuesday	Beef Curry with Boiled Rice & Naan Bread Fresh Seasonal vegetables Quorn Chilli Con Carne Pepperoni Pizza Slice Margherita Pizza Slice
Wednesday	Roast Pork with Sage & Onion Stuffing Fresh Seasonal Vegetables Tomato & Basil Pasta Bake with Garlic Bread Ham & Mushroom Pizza Slice Margherita Pizza Slice
Thursday	Cottage Pie with Seasonal Vegetables Vegetable Sausages Meat Feast Pizza Slice Margherita Pizza Slice
Friday	Breaded Fish & Steakhouse Chips with Mushy Peas or Curry Sauce Mushroom Omelette Pepperoni Pizza Slice Margherita Pizza Slice

WEEK 3

Monday	Beef Lasagne with Fresh Seasonal Vegetables Vegetable Pasta Bake Pepperoni Pizza Slice Margherita Pizza Slice
Tuesday	Chicken Casserole with Seasonal Vegetables Cheese & Onion Pasty with Baked Beans Pepperoni Pizza Slice Margherita Pizza Slice
Wednesday	Roast Turkey with Fresh Seasonal Vegetables Glamorgan Sausages Ham & Mushroom Pizza Slice Margherita Pizza Slice
Thursday	Chicken Goujons with Garlic & Herb Potato Wedges Vegetable Burger in a Bun Meat Feast Pizza Slice Margherita Pizza Slice
Friday	Breaded Fish & Steakhouse Chips with Mushy Peas or Curry Sauce Cheese Omelette Pepperoni Pizza Slice Margherita Pizza Slice