

27th April 2021

Dear Parent / Carer

Home Lateral Flow Testing

We have sent all pupils home this week with the next set of testing kits for use twice a week at home. We thank you for your continued support in making sure that your child is conducting their tests each Wednesday and Sunday and responding to their email reminder on their school account. If your child has been off school and did not receive their next set of kits please contact the school via email admin@heathland.hounslow.sch.uk

It is important that everyone maintain the current testing programme of two tests per week. All our staff continue to access to self-test kits and are conducting twice-weekly tests in order to provide assurance for their colleagues and the school community.

If you have any issues about how to do the tests, please look at the COVID-19 self-test help, which can be found by following the link [here](#). This includes a YouTube video demonstration as well as the written guide in 12 languages.

Please be reminded that the home tests are only to be used on pupils who are **NOT** showing any symptoms. If your child does start to show symptoms (high temp, new continuous cough, loss of taste or smell) you must book a PCR test immediately and the whole household must isolate until the PCR test result comes back and you must inform the school via email admin@heathland.hounslow.sch.uk

PCR and LFD testing during Ramadan

The British Islamic Medical Association's view is that taking polymerase chain reaction (PCR) or lateral flow device (LFD) tests during Ramadan does not invalidate the fast. People may feel more comfortable doing the tests when they are not fasting. In this case, with the move to home-testing, tests can be carried out at any time.

Please stay safe

SMT