



GIS NEWSLETTER

22 September 2020

Gjøvikregionen International School
Studieveien 17, 2815 Gjøvik
Tel: +4724076141
Email: post@gjovikis.no

Testing for Covid-19: update

The Norwegian Institute of Public Health has updated their guidelines regarding testing for Covid-19 today. Please find below an excerpt from the update:

The Norwegian Institute of Public Health recommends that everyone with symptoms of COVID-19 should be tested as soon as possible.

This includes anyone with a newly arisen respiratory tract infection or other symptoms of COVID-19. COVID-19 often has the following symptoms; fever, cough, shortness of breath, loss of taste or smell, sore throat, or feeling unwell.

Children under the age of 10 with only mild symptoms of respiratory tract infection can be observed at home for a few days before testing. Children with a runny nose as the only symptom, who are otherwise in general good health without other signs of a newly arisen respiratory tract infection, do not need to be kept at home or tested.

Everyone who is tested should stay at home until a negative test result is available. With a negative test, they can return to work/school when their general condition is good (they feel well and have no fever), even though they still have a few symptoms after the respiratory tract infection.

As a result, students above the age of 10 should be tested if they are sick with symptoms of respiratory tract infections. When in doubt, parents are encouraged to call the hot line at Gjøvik Town Hall at 61 15 89 11 to be advised whether or not their child should be tested. You can receive advice on weekdays from 8:30am to 11:30am and from 12:00pm to 3:00pm.

For more information, please click [here](#).

The Social Dilemma

Is your child growing to become who they have the potential to be or are they becoming what propagandists and advertisers want them to be?

The Social Dilemma is a documentary that explores how social media create addictions and then use them to mould users to think and act in ways that suit those that control the media. At stake is the users' mental health but also the foundations of democracy.

The Social Dilemma is available online. You may also want to read a [review](#) of the documentary.

Mid-term break

Our mid-term break is approaching. Unlike in the previous years, it is now scheduled during week 41 (5-11 October 2020). Please note that 12 October is a professional development and planning day for GIS staff. There are no classes on 12 October. Classes resume on 13 October 2020.

Parent-teacher conferences

Parent-teacher conferences will take place on 21 and 22 October 2020. More details will follow.

School support contact details

If you have any questions about the matters below, please contact the relevant person:

Taxi (GIS)	Dennis Wanda	dennis.wanda@gjovikis.no
Taxi/bus (Kommune)	Ingrid Raasholm	ingrid.raasholm@gjovik.kommune.no
SFO	Deepika Senthilkumar	sfo@gjovikis.no