



GIS NEWSLETTER

2 February 2022

Gjøvikregionen International School
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Reminder for Grade 10 students

This is to remind students in Grade 10 and their parents that the high school application system VIGO is now open and students can submit applications to selected high schools. Please ensure your child has either Bank ID or Min ID to be able to access the system. The deadline to submit applications is 1 March 2022. Please note that the deadline falls during our break, so please contact the school before the break if you need help.

Let's grow together!

In this new section of the weekly newsletter, we would like to invite the GIS community to share interesting resources about education and parenting. Have you read an interesting book or article? Have you watched an inspiring video? Have you seen a thought-provoking image? Don't keep it to yourself! Let us now

and we will share it in the newsletter. Please email the link and a brief description to Mr Armanski at adam.armanski@gjovikis.no. Let's help each other broaden our horizons and grow together!

This week, we would like to share with you our LIBRARIAN'S PICK. With Sami Day just around the corner, Mrs Rasen recommends a [BBC article](#) on what we can learn about raising children from Sami herders. Whether you grew up in Scandinavia or in a very different culture, a few aha moments are guaranteed.

Testing replaces quarantine for household members

The 10-day infection quarantine can be replaced with daily testing for household members and close relatives. The regulation change applies from 0:00 26 January regardless of one's vaccine status.

The 10-day infection quarantine can be replaced with:

- Daily testing for 5 days after the last close contact for household members and close relatives.
- Household members and relatives who cannot keep their distance from the infected person during the isolation period can replace the quarantine infection with daily testing for 11 days (6 days during the infected person's isolation period + 5 days after this). This also applies to children.

In addition to testing, wearing a mask is recommended indoors in a public place and to avoid large gatherings and events for 10 days after close contact. The recommendation to wear a face mask does not apply to children under 12 years of age, school children over 12 years of age when they are at school and those who for medical or other reasons cannot wear face masks.

Monitor for any symptoms during the entire period.

If you experience symptoms, you should stay at home and test yourself. From the time they come into effect, the new rules will also apply to those who are in quarantine at the relevant time. This means that the test regime also applies to them.

Persons who do not follow the test regime must remain in quarantine for 10 days. They can test out of quarantine in the event of a negative test taken no earlier than 7 days after the last close contact.

People who have undergone Covid-19 in the last three months are exempt from quarantine.

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

School support contact details

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

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| Taxi (GIS) | Dennis Wanda | dennis.wanda@gjovikis.no |
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| Covid-19 testing | Gjøvik Town Hall | Tel. 61 15 89 11 |