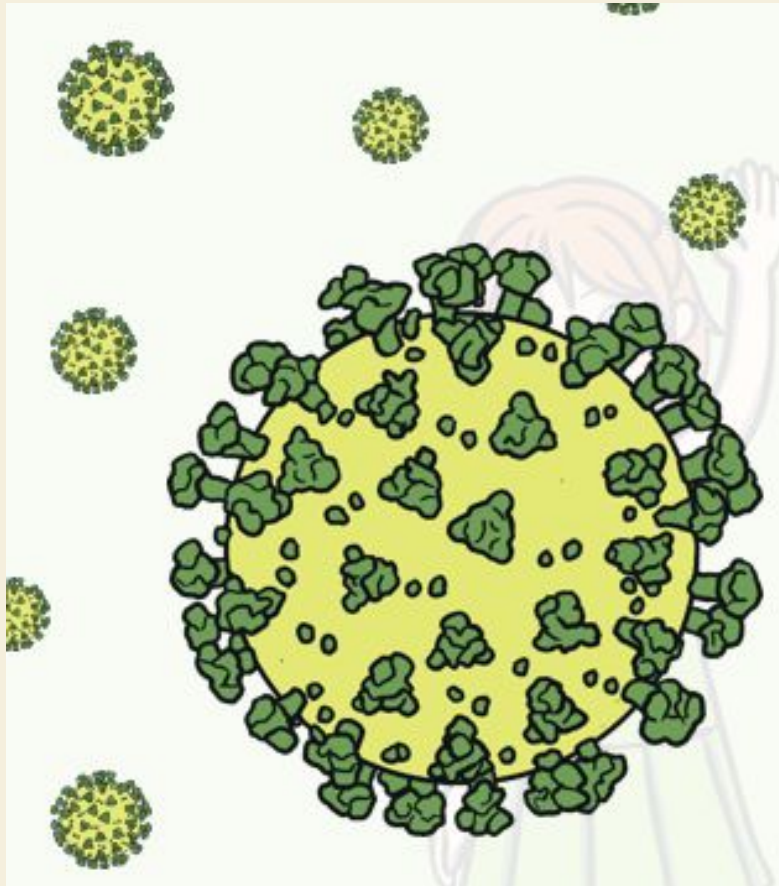


Returning back to



Juniors

Corona Virus (COVID-19) and Schools



Since the 20th March, schools have been closed to most pupils, due to the virus COVID-19 - or Coronavirus as some people call it.

This was a decision made by the government to try and keep people safe.

Slowly, schools have started to open their doors to more and more children.

But school is very different to how you will remember it when you left.

This story will help you understand some of the changes, and prepare you for when you do return.....

Keeping Safe and Healthy

We have put lots of things in place to help you stay safe and healthy. By following these rules you will help everybody stay safe.

HOW TO BEST PROTECT YOURSELF FROM THE NEW CORONAVIRUS INFECTION (COVID-19)

Wash your hands frequently!
Use **thoroughly water and soap** or disinfect your hands using an **alcohol-based rub**, even if they don't seem dirty to you. Wash your hands **before** every meal or snack or whenever you **touch an object** that others have touched before (like the doorknob). The soap and disinfectants **kill the viruses** that makes us ill and who are **invisible**.

Protect those around you! Cover your nose and mouth when you sneeze or cough!
Sneeze and cough **in the inside of your elbow** or in a **paper napkin** and throw it immediately in a bin with a cover, then **wash your hands**.

Don't touch your face if you haven't washed or disinfected your hands!!
The virus can get inside the body **through the eyes, nose or mouth**, so it's important **not to touch your face** unless your hands are proper **clean and sanitized**.

Keep the distance from people who show cold symptoms!
Keep **at least a meter away** from people who sneeze, cough or are having a runny nose. When someone coughs or sneezes, **saliva droplets, which contain the virus**, can touch those around and can pass them the disease.

If you don't feel well, tell the ones who can help you!
Are you feeling **feverish** or sense that something is **not right** with your state of health? Do you have a **sore throat**, you are **coughing** or have **difficulty breathing**? Tell this immediately to those who can help you: **teachers, parents** or school **medical personnel**.

Social Distancing

You will probably be aware of social distancing, as this is something we have had to do for a very long time now. Sadly, it's something that we have to keep on doing to keep us all safe.



We try to keep 2 meters apart at all times.

A good way to help work this out is for you and a friend to stretch your arms out. If you think your fingers may touch, you are too close.

We know this is hard, as you may not have seen your friends for a very long time and may want to greet them with a hug, but sadly we cannot do this right now.

Social distancing and the classroom

Normally you would be in your class with all your friends and your teacher. We have had to make some changes to this, so that we can keep everybody at a safe distance of 2 meters.



You will be in a class with 15 or less other pupils from your year group. We will call this your 'Learning Bubble' or just sometimes just your 'Bubble'.

Because we have had to spread out, you may not not be in your normal classroom and classes may be mixed.

Everybody will have their own desk. Sadly we cannot sit with our friends or work in small groups.

To make sure we stay at a safe distance, we should stay at our desks.

We can put our hand up if we need anything and there are white lines on the floor to help us remember not to approach the teacher's desk.

Break Times

To make sure we are not mixing with other Bubbles, there have had to be some changes to the way we take our breaks.



Everyone will spend their break times outside, as long as the weather is ok.

The outside space has been divided up, so that we can play safely in our Bubbles. We cannot go into another Bubble's play area.

Each Bubble will have their own box of play equipment to use, as we cannot share.

Most classes will have to eat their lunch in the classroom, as not everybody can fit safely in the dinner hall.

Getting Around School

We have made some changes so that we don't need to leave the classroom as often, but there will be times when we do need to move around the school, such as when we need to use the bathroom or when going out to break. To make these times as safe as possible for everybody we have some rules in place.



The cloakrooms are now closed, so we keep our jackets on the back of the chair and our water bottles at our desks. We don't need to bring stationary as school will provide this.

There are markers on the floor to help us remember the 2 meter rule, when waiting in line.

Each Bubble has a set time for breaks and hand washing to make sure the corridors are not too busy.

We stay together as a Bubble. Being away from our Bubble puts us at risk bumping into other Bubbles.

Hand Washing

We have frequent breaks to the bathroom to wash our hands - and use the toilet if you need. Each Bubble has a set time to do this.



There are reminders of how to wash our hands properly, around the school.

Each class its own hand gel and tissues as well, to clean in between washes if needed.

Handwashing



only 2 people are allowed in the bathroom at a time. This helps us with our social distancing.

The Upper Junior toilets have an 'IN' and an 'OUT' door, so there's less chance of bumping into each other

Injury and Illness

Unfortunately you may become unwell or have an accident at school. If this happens we may need to get a bit closer than 2 meters to be able to help you.



If this happens your teachers will have to wear protective equipment when they are helping you. This keeps you both safe.

If you do need to go home you will need to wait in a medical bay until a parent or carer comes to get you.

Wellbeing

This has been a worrying time for all of us, but we want you to feel happy and safe.



If you are worried at school, you can always speak to your teacher who will try and help you with this.

You can also pop a note in one of our worry boxes if you don't feel comfortable talking to somebody face to face.

Just remember....We all feel differently about what is happening right now. Some people are very scared and some people have been feeling fine. Both of these feelings are ok.

By following the rules and letting people know when you are worried, it can help you and others feel safe and happy.