

## **Parental Guidance Update 1.6.20**

It is understandable that our parents and carers are worried about the safety of their children who are going into school during this period. It is important that we keep each other safe and we want to assure you about the measures that we have put in place in order to minimise the risk of transmission of COVID-19 and to ask you for your support with this.

We will only follow trusted sources of information as we respond to COVID-19, the NCC Health, Safety and Well-Being team are keeping our arrangements up to date in line with PHE requirements. There is a lot of information in the public domain that is not based on evidence and it causes increased anxiety which is why we are ensuring that our response is appropriate.

This document summarises our arrangements and also details how you can help us by working together. If any significant changes happen to the arrangements then we will keep you informed about them.

### **What we know about COVID-19**

Based on current evidence, COVID-19 affects children fairly mildly in most cases. Older people and those with specified pre-existing medical conditions are more likely to develop serious illness.

There are two routes by which COVID-19 can be transmitted:

- infection can be spread to people through close contact with infected individuals and respiratory droplets generated during coughing and sneezing.
- direct contact with infected tissues, body fluids or indirect contact with contaminated surfaces such as door handles and then touching their own mouth, nose, or eyes.

To reduce the transmission of the virus a combination of approaches is required, starting with minimising face to face contact with other people to the absolutely essential tasks only, applying social distancing measures as much as possible where contact is needed and keeping close contact to short durations. The governments stay at home approach with schools being open to a limited number of pupils supports this. Where interaction with other people is necessary excellent universal hygiene measures must be maintained. Our schools are implementing all of these measures.

### **What we are doing to protect and support pupils and staff**

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#### **Social distancing**

We have assessed all activities in the school and changed them to ensure that we follow the social distancing requirements that are needed. We will carry out activities outside where we can, and we will open windows to increase ventilation inside the building when it is safe and appropriate to.

Where close contact will still happen, for example with our younger children and those who need additional care, we will maintain excellent universal hygiene standards by handwashing more regularly and following the arrangements that are detailed in this letter.

We have new arrangements in place to ensure that only essential visitors come onto site and it is safe when they do, for them, our pupils and our staff; for example, to carry out essential maintenance for the safe running of the school.

### **Universal hygiene**

Staff are implementing these universal hygiene measures and encouraging our pupils to do the same:

- Washing their hands (thoroughly with soap and water often following the [NHS guidance](#). Only using alcohol-based hand sanitiser gel if soap and water isn't available. Everyone should wash their hands, on arrival at school, before eating, after coughing or sneezing, after visiting the toilet as well as at other regular intervals throughout the day.
- [Catch it, Kill it, Bin it](#) - Covering their mouth and nose with a tissue or sleeve when sneezing and putting used tissues in the bin straight away. Always washing their hands afterwards
- Avoid touching the eyes, nose or mouth if they haven't washed your hands.
- Self-isolating if they or a member of their direct household has a new, continuous cough and/or high temperature/fever.
- Going home if they develop symptoms, not matter how mild.

### **Cleaning**

We have put additional cleaning measures in place, this includes disinfecting all contact points that are touched regularly such as tables, door handles, toilet flushers, educational equipment and taps. Where items that we use for education are difficult to disinfect we don't use them at the moment.

### **Educating and supporting**

Children can become advocates in infection prevention at home and in their community by talking to others about how to prevent the spread of viruses, so we are educating in an age appropriate way.

We are very mindful about the anxiety and support children may experience and we are encouraging children to talk. It is normal that they may have different reactions and some may need to talk to teachers and you about how they are feeling.

### **First aid**

We review our first aid arrangements regularly to ensure that they are still suitable, we have a number of new arrangements that we can be put in place if staff who provide first aid are self-isolating.

### **What happens if someone has symptoms while they are at school**

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- We are encouraging all of our pupils to tell a member of staff as soon as they feel ill and particularly if they have a new cough or start to feel like they have a temperature, no matter how mild it is. We are also keeping vigilant for any signs of symptoms too and reminding everyone about this regularly.
- If a pupil feels ill we will keep them safe and away from others in a designated room while they wait to be collected. We will not leave a pupil who is ill where they are not safe to be left and will stay them at a safe distance. In an emergency we will call the

emergency services, and we will continue to provide first aid for emergencies as we normally do. Please come and collect your child straight away, if we ask you to (we'll contact you if they become ill with either a temperature or a new, continuous cough).

- Our staff will go home immediately if they become ill at work with symptoms, no matter how mild.
- We will follow PHE guidelines for enhanced cleaning if someone becomes ill at the school.
- If someone becomes ill at school, other people at school do not need to self-isolate (other than their own household). Please ensure that your household follows self-isolation guidelines if this happens.
- If one person becomes ill at school, it does not mean that the illness has been caused by the school as COVID-19 is widespread in communities. This is why it is important for us to follow PHE guidelines and for everyone to follow the stay at home guidance too.

You can report absences in the same way you would normally.

### **What happens if a pupil or staff member becomes ill while they are not in school**

- All pupils and members of staff who have either a new continuous cough or a temperature must not come to school and follow self-isolation guidelines for 7 days. The rest of their household must also self-isolate for 14 days.
- Please ask your child how they are feeling before they come to school

### **Existing health conditions**

If anyone has received a letter to say that they need to be [shielded](#) and stay at home they must follow the information that they have been given. If a member of your household is shielded, we may contact you to discuss this.

Some people may have been identified as being at an [increased risk](#) by Public Health England. Having an underlying health condition does not automatically mean you must stay at home. We will therefore work with you to assess the specific circumstances and needs if this is the case.

### **Supporting each other**

Your support to help us achieve these standards in our school is vital. Please role model the hygiene behaviours that apply when you are at home and encourage your children to follow them. Please ensure that:

- You and your household self-isolate if anyone develops symptoms for community and school safety.
- Your child washes their hands before using school transport.
- You follow stay at home guidance and do not meet in groups when you are outside the premises.

Thank you.