

Lennoxtown Primary School



Guide for Families

A guide for families to talk together about keeping your distance, washing your hands and catching and binning your coughs and sneezes!

Dear Families,

We have missed you very much and we are looking forward to welcoming you back to school after the Summer break.

This booklet will help you to understand what we need you to do to help keep everyone in our school safe when we return to school in August.

It would be a good idea for you to read this together as a family and talk about it. You can all talk together about:

Keeping your distance

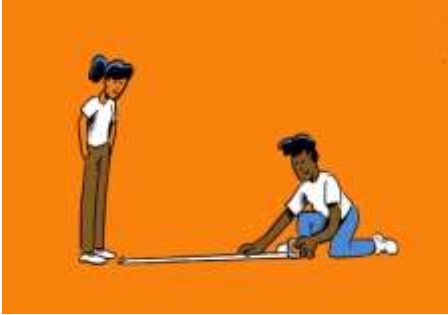
Washing your hands

Catching and binning your sneezes

Keeping your distance

Called "physical distancing" or "social distancing"

What does Physical distancing mean?



Physical distancing means reducing the contact we have with people outside of our family. You have already been doing this for some time now, although people around you might have called it social distancing instead.

How do we physically distance in school?

It is very important that we keep our distance in school so that we can all stay safe and healthy. We will work as a team to do this in different ways and we will make this work in school by helping one another. You will be asked to imagine you have a big invisible hula-hoop around you and you must try very hard not to bump in to anyone else's hula-hoop!

1. 'Social bubbles'

You will learn in a 'social bubble'. This means a small group of children who learn together with one teacher. These are also the children you will have playtime and lunchtime with. You will have great fun learning and playing in your bubble



Although boys and girls no longer need to social distance we will still be mindful of one another's personal space in and out of the classroom. Your bubble will now be your whole class and we will all look after one another.



Outdoor learning.

You will spend more time learning outdoors. There will be a plan for bubbles to use outdoor spaces at certain times, so don't forget your wellies and a cosy jacket!

Posters and floor markings.

There will be lots of signs around school reminding you of what we can do to keep ourselves safe. You will have 3 posters in your class base to remind you about keeping your distance, washing your hands and catching and binning your sneezes. There will also be markings on the floor to show you where to stand in places like on the stairs and lining up outside after playtime. We will keep our 2 metre signs as a reminder for all of the grown-ups!



Hand washing

We will all make sure that we look after one another and keep everyone safe by washing our hands regularly for 20 seconds. We will all do this a number of times in the day.

Hand

Washing your hands has always been an important way to avoid becoming unwell, but now we are getting ready to go back in school it is even more important! We will be



Washing

been an unwell, but back in school will be



washing our hands regularly during the day including:

- At the beginning of the day.
- In between different learning activities.
- After blowing your nose or coughing.
- Before and after we eat.
- Before and after we go outside.
- When we use the toilet.
- At the end of the day.



What we must do when we sneeze, cough, or have a runny nose!

To keep us safe and healthy at school, it is important to cover our coughs and sneezes. This means we do not pass our germs onto others. The way we should do this is explained below.

How can we stop the spread of germs at school?

When you get that tickly feeling in your nose or your throat that warns you that a cough or sneeze is coming the **FIRST** thing we need to remember to do is...

1. Cover your cough or sneeze!

When you cough or sneeze, cover your mouth or nose with a paper tissue or hanky! There will be plenty of hankies in your class base.



or

Cough or sneeze into your elbow, not your hands!

2. Put



It is important to put your 'used' tissue in the bin as it contains germs from your mouth or nose that you do not want to spread to others. Then...

3. Wash your hands with soap



This is the **best** way to stop germs from spreading. If you touch anything, for example: your nose when you blow it with a tissue, you will have possibly come into contact with germs. It is easy for a germ on your hand to end up in your mouth, for example, if you eat or touch your lips or mouth with your hands! For this reason, try NOT to touch your face, particularly your:



nose,

mouth



or eyes.



These are the places where germs from our hands can enter our bodies and cause us to feel poorly.

Why do we sneeze or cough?

When we cough, it is our body's way of getting rid of something that is stuck in your airway (throat). This which could be caused by: mucus created by little **germs** that can invade our bodies (also called viruses or bacteria) that make us sick or when we catch a cold. We might also cough when we eat dry food or accidentally breathe in dust or smoke.



When we sneeze, it is our body's way of getting rid of something tickling or irritating our nose. Dust, cold air or pepper can cause you to sneeze. If you have a virus, like a cold, this can also cause you to sneeze. Droplets from inside your nose can fly out at speeds of up to 100 miles an hour!

Why is knowing about this important?



These microscopic droplets (that we cannot see), that come out of our mouths, sometimes contain germs, (such as the cold virus), which can be spread to other people (at school, home or anywhere else).

One final note...

We hope that you have enjoyed reading this guide. Following these rules and routines will help us look after ourselves and others so that we can stay safe and enjoy our time back at school! Remember to speak to an adult member of staff if you have any questions or worries.

Some useful websites

How to wash your hands - "NHS song"

<https://www.youtube.com/watch?v=S9VjeIWLnEg>

How to wash your hands to the tune of "Happy Birthday" - it should take as long as it takes to sing the song twice!

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

All about sneezing, coughs and colds for kids and parents.

<https://www.healthforkids.co.uk/staying-healthy/sneezing-coughs-and-colds/>

Resources, including online books and activity sheets available from Children and Young Persons' Commissioner for Scotland.

<https://cypcs.org.uk/coronavirus/coronavirus-resources/>

An easy-read guide to explain physical distancing to younger children.

<https://www.talkingmats.com/wp-content/uploads/2013/09/20200319-coronavirus-easy-read-pdf.pdf>

A free online book, aimed at under 7-year olds, to support and reassure children about Coronavirus.

<https://www.mindheart.co/descargables>

A free online book, aimed at 5-9 year olds, about the coronavirus and the measures taken to control it.

https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf

A free online book created by a Staff Nurse to help parents talk to children about Coronavirus.

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>