



How to Stay Safe and Happy in School



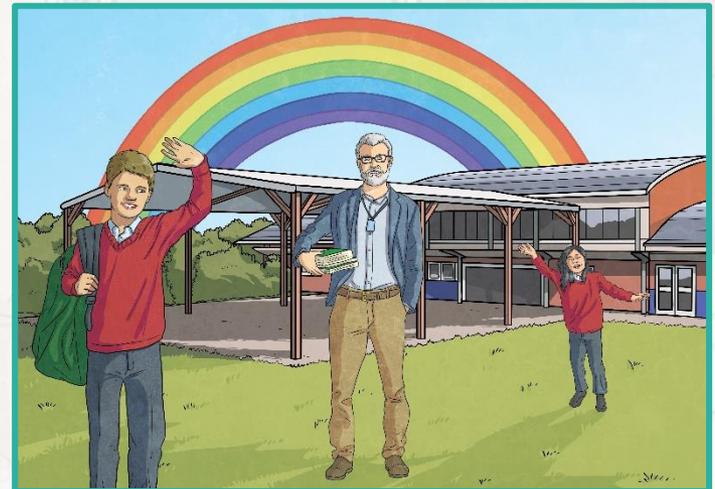
Welcome Back to School!

For the last few months, schools across the world have been closed to keep children and staff safe from coronavirus.

Children have been doing their schoolwork with their parents/carers at home.

Now it is safe for children, in some classes, to return to school to do their schoolwork with staff (such as teachers and teaching assistants) and some of their friends.

Your friends, teachers and other staff will have been very happy to see you back at school today!



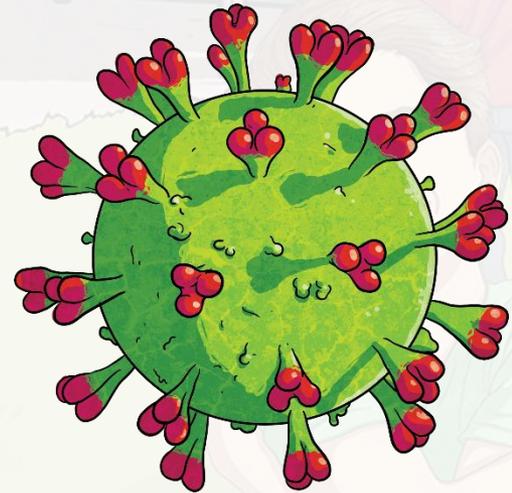
How Can We Stay Safe at School from Coronavirus?

It is very important we all continue to try to stay safe from coronavirus.

When someone with coronavirus coughs or sneezes, the virus can get into the air and on to surfaces beside them. If other people touch these surfaces, the virus can get on their hands. When they touch their face with their hands or eat without washing their hands, the virus can get inside their body and make them unwell.

If a person is close to someone with coronavirus who coughs or sneezes, they could breathe in the virus.

We can stay safe from coronavirus by socially distancing, staying home when someone is ill and washing our hands.



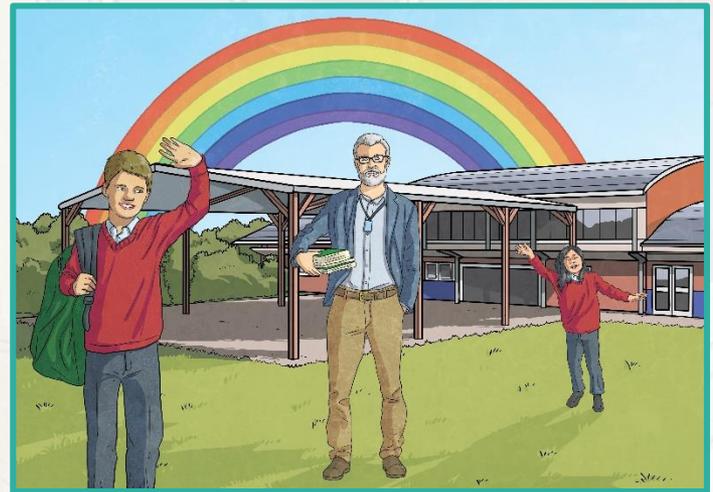
Social Distancing at School

Social distancing at school means everyone will need to have more space around them than they used to. This means there won't be as many children back at school.

Not all classes in schools will be returning at the same time and this is OK. School will look different now to how it looked before coronavirus, but this is OK. These changes are to keep us safe at school.

Everyone finds change hard, but teachers and other staff will be there to help us.

Going back to school will be fun. Teachers will help you to follow social distancing while you are in school to keep you happy and safe while you are learning with your friends.



Keeping Safe by Washing Our Hands

We can keep safe from coronavirus by washing our hands with soap for 20 seconds. This will wash away germs from our hands and stop us from getting ill. We should wash our hands throughout the day to keep safe, especially before eating and after we have been to the toilet.

If we cough or sneeze, we should cover our nose and mouth with a tissue to catch any germs, then put the tissue in the bin. Then we should wash our hands for 20 seconds after.

Washing our hands will help to keep everyone safe and healthy.



Keeping Safe by Keeping Our Distance

We can also stay safe from coronavirus by keeping our distance from others we don't live with. We have been used to keeping our distance from people for months by staying at home.

We keep a distance of 2 metres to stop spreading germs. This will be very hard when we first see and want to play with friends, but we must keep to 2 metres distance away from them.

In school, we should step aside to give others space when they need to pass us and remember to stay in our bubbles as directed by teachers or other members of staff.



Keeping Safe by Not Touching

It will feel strange not to hug our friends when we have not seen each other for so long. However, to keep safe from coronavirus, we can wave hello to them from a distance of 2 metres.

We can still have fun and play with our friends by not touching or getting too close. You can play football by passing from a safe distance and working on skills. You might also like to play charades, footgolf, bingo or make scavenger hunts.

We can give hand signals like thumbs up and the OK sign to our friends from a safe distance. We can even do air high fives with our friends. We can still have fun when we play.



Keeping Safe by Keeping Equipment Clean

We can continue to stay safe from coronavirus by keeping our tables and the equipment we use clean.

We should listen to our teacher and make use of any cleaning station or equipment in our class to keep our environment clean.

We should remember not to share any equipment with our friends. Everything we touch should be clean so we can do our schoolwork and stay safe.



Keeping Safe by Raising Your Hand to Ask for Help

It might be difficult at first, but we should also remember not to get up and walk to our teacher to ask for help.

We should raise our hand to ask for help or for equipment. This will help everyone stay socially distanced in class and safe.



Keeping Safe by Self Hugging

Sometimes we can feel sad at school if we hurt ourselves or if something happens to upset us. Some of the ways that we are normally comforted by a teacher or friend might not be possible, for now, due to social distancing.

We can self hug to make ourselves feel comforted and loved by simply wrapping our arms around ourselves in a big hug. This will keep everyone safe and help you feel happy.



Keep Safe and Show Kindness by Smiling

We might also see a friend or classmate who is sad and want to comfort them. It will feel natural and kind to put an arm around them or give them a hug, but we must stay socially distanced for now, to stay safe.

We can show kindness with a bright smile directly to someone who needs it. This smile will make someone feel happy and loved.





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