RHONDDA CYNON TAF

Secondary Schools

Getting back to school and the school run

To keep your children safe and free from Coronavirus, schools have been making some important changes. Families can also play a part in keeping everyone safe.

Here are some tips on how you and your children can help.

Getting to and from school

- If children are able to walk or cycle to school, this is a great option. Remember to maintain a 2 metre distance with anyone that isn't part of your extended household.

- If travelling by car, to avoid crowding at the school gates, park further away from the school and then walk.

- For young people aged 11 and over and adults it is recommended that car sharing is only undertaken by people from your extended household bubble.

- Make sure:
  - everyone washes or sanitises their hands before getting in the car
  - windows are kept open.

- If dropping your child off remember to maintain a 2 metre distance if stopping to talk to other parents or staff.

- If you use public transport, everyone needs to wash their hands or use hand sanitiser before and after travel. Try to keep at least 2 metres apart from other passengers. Parents and children over the age of 11 also need to wear a three-layer face covering.

- If you use school transport, everyone needs to wash their hands or use hand sanitiser before and after travel. Pupils over the age of 11 also need to wear a three-layer face covering.

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In school

Wear a face-covering as requested

In secondary schools, the Council is strongly recommending that from the 10th September 2020, face coverings be worn by all secondary school based staff and secondary mainstream pupils when moving around common areas of school buildings including corridors, lifts, stairwells, toilets, canteen areas. It is important that they know how to put face coverings on, use them properly, take them off and store or dispose of them safely.

Three-layer reusable face coverings for secondary schools (including home to school transport) will be supplied directly by the Council.

When wearing a face covering they should:

- Wash or sanitise their hands before putting their face covering on.
- Cover both the nose and the mouth and make sure it fits snuggly under the chin.
- Use the ties or the ear loops to remove it once no longer needed.
- Put disposable face coverings in a bin with a lid or into a plastic bag to bin at home.
- Place reusable face coverings into a plastic bag to take home and wash.

Ideally, pupils should have a number of dry, clean face coverings to use throughout the day. If this is not possible and the same face covering has to be used again during the same day, the ties or loops should be used to take the face covering out of the plastic bag being careful not to touch the front of the face covering.

When wearing a face covering they should not:

- Touch the front of their face covering with their hands. If they do, they should wash/sanitise their hands immediately.
- Put the face covering on their forehead or around their neck.

Undertake frequent handwashing

- Ensure your child knows that they should wash their hands thoroughly with warm water and soap for 20 secs, frequently throughout the day.

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Staying away from school

- **Do not attend school** and self-isolate if you or your child:
    - have any symptoms of Coronavirus (self-isolate for 10 days)
    - live in a household with a person who has tested positive for Coronavirus (self-isolate for 14 days)
    - have been contacted by a contact tracer and told that you must self-isolate (self-isolate for 14 days).

- Arrange a test for anyone who has any of the following symptoms by going to www.gov.uk/get-coronavirus-test or dialling the free number 119:
    - new continuous cough
    - high temperature (above 37.8°C)
    - reduced taste or smell (anosmia).

- If your child has symptoms and you are waiting for their test results they **must not attend school** and must self-isolate.

- If your child is a contact of a case, they must self-isolate for the full 14 days even if they have a negative test result.

Thank you - If we all do our bit to stop the spread of coronavirus,

the sooner we can all get back to normal.