



Back to friends, back to learning, back to routine & back to exercise

Teachers, teaching assistants and school staff are really looking forward to seeing everyone again, and they want everyone to return to school safely by following some simple advice and knowing what changes to expect.

- ✔ Wash hands regularly
- ✔ Carry tissues to catch sneezes and coughs
- ✔ Schools will provide hand gel, but pupils can bring their own
- ⚠ Check if school clubs and activities are running
- ✔ Pupils will be split into bubbles that cannot mix
- ⚠ Plan the journey to and from school and allow more time
- ✔ Walk, cycle or scoot to school where possible
- ⚠ Pupils aged 11 and over must wear a face covering on public transport (unless exempt)
- ⚠ Car sharing? Open windows, wear face covering (unless exempt) and leave seats free to social distance

- ✔ Use contactless payments on public transport where possible
- ⚠ If a pupil is unwell, stay at home and notify the school
- ⚠ If a pupil has coronavirus symptoms, stay at home, notify the school and **call 119** or visit **nhs.uk/coronavirus** to get a free test
- ⚠ If any member of the household has coronavirus symptoms please be aware that **ALL** members of the household need to stay at home. The person with symptoms should **call 119** or visit **nhs.uk/coronavirus** to get a free test.
- 🔔 If a pupil needs to be absent from school as a result, **please notify the school**. For more advice please visit **nhs.uk/coronavirus**. The school website and their social media channels will post updates and information
- ✔ Please let us know about any concerns you have!

Controlling the virus

We all need to play our part, some things we can all do to help stop the spread are:



Wash our hands regularly



Stay at home as much as possible and limit contact with other people



Follow to social distancing measures when you go out



Wear a face covering on public transport and indoor settings unless you are exempt. For a full list of places please visit: www.halton.gov.uk/facecoverings



Work from home if you can



If you are self isolating or know someone who needs extra help and support please contact **0151 907 8363**

Resources



Should you or your child be experiencing anxiety regarding the return to school please consult the 'what is normal? Top tips for coping with anxiety on www.halton.gov.uk/backtoschool.

Our online Mental Health Information Point has help and advice for managing stress, anxiety, depression, financial worries and more, please visit: www.halton.gov.uk/mhinfopoint

Coronavirus symptoms



High temperature, new or persistent cough & recent loss of taste or smell.



If you are experiencing any of the above, stay at home and book a test immediately by **calling 119 or visiting nhs.uk/coronavirus**.



For the latest advice and information, please visit gov.uk/coronavirus