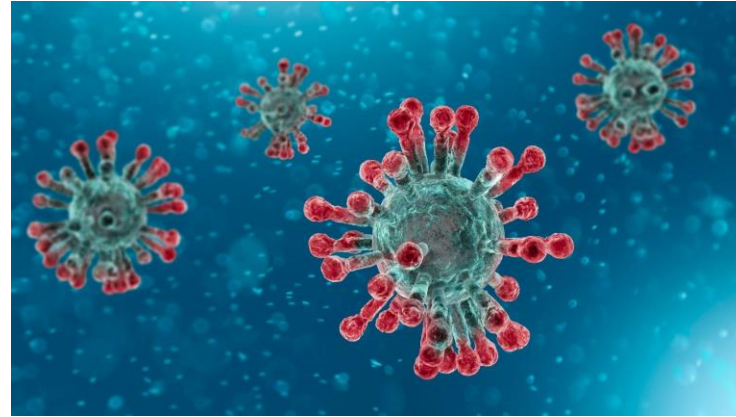


How to stay Safe and Healthy at school during the Coronavirus

For reception and Year one pupils



So what is Coronavirus?



- ▶ Coronavirus is an illness that affects people's breathing and lungs.
- ▶ It can be spread from person to person by coughing or by touching surfaces or areas of skin that have been contaminated by the virus.
- ▶ That's why it is so important to...
- ▶ WASH OUR HANDS 😊

Symptoms to look out for.



The most important symptoms of coronavirus (COVID-19) are:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell

If you don't feel well, it's very important that you tell an adult.



Now that it is safe for you to come back to school, here is what you can do to take care of yourself and others:

- ▶ <https://www.youtube.com/watch?v=dnQKQglaBug&feature=youtu.be>

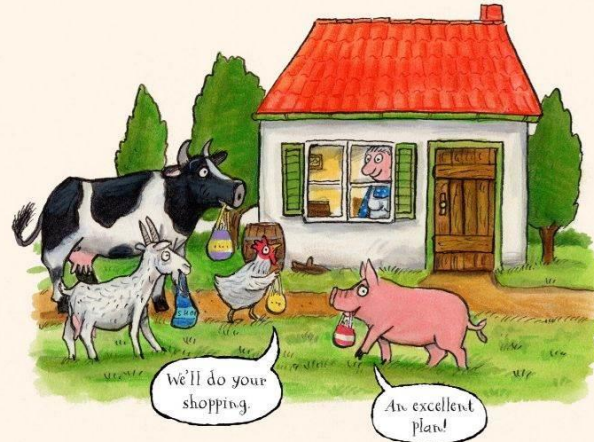
Let's talk about what happened to us...



Charlie Cook has to stay in his house.
He reads to the cat and he reads to the mouse.

Artwork and scene © Neil Skaffler and Julia Tomlinson 2005, based on characters from Charlie Cook's Farmyard. Book © 2005. (Illustration: Children's books).

"Stay in your house," said the wise old man.



Artwork and scene © Neil Skaffler and Julia Tomlinson 2005, based on characters from 'A Spunk and a Sproton' © 1999 (Illustration: Children's books).

Keeping Active

Stick Man and Lady stay home in their tree,
But they're still keeping fit with their Stick Children three.



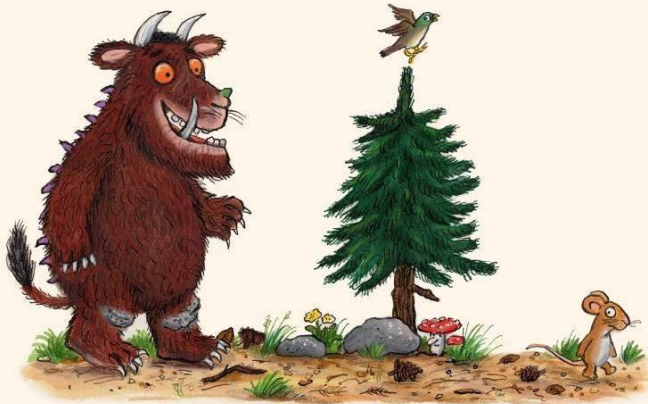
Artwork and verse © Axel Scheffler and Julia Donaldson 2000, based on characters from Stick Man © 2000 (Allen Green Books)



You'd better be safe, you'd better be smart.
Stay on the broom, but stay well apart.

Artwork and verse © Axel Scheffler and Julia Donaldson 2000, based on characters from Room on the Broom © 2000 (Warminster Children's Books)

Keeping at a distance



"All right," said the Gruffalo, bursting with laughter.
"You go ahead and I'll follow two metres after."

Artwork and verse © Avril Schaffer and John Burnham 2020, based on characters from 'The Gruffalo' © 1991 (Macmillan Children's Books).



Prunella and Pat are safe in their flat,
Being looked after by Tabby McTat.

Artwork and verse © Avril Schaffer and John Burnham 2020, based on characters from 'Tabby McTat' © 2001 (Alban Green Books).

Behaviour



The Gruffalos stayed in the Gruffalo cave.
The Gruffalo's Child did her best to behave.

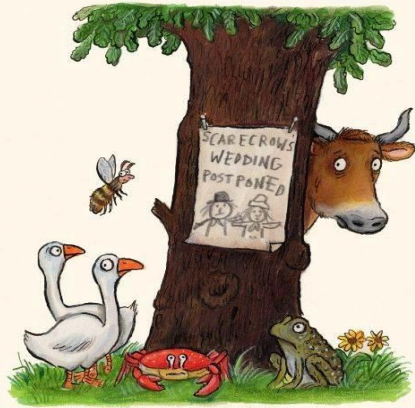
Artwork and verse © Avril Schaffer and Julia Dornbush 2020, based on characters from 'The Gruffalo' Child © 2001 (Usborne, Children's Books).



"Give me your soap and your loo rolls
And everything else on the shelf,
For I am the Rat of the Highway
And I'm taking them all for myself."

Artwork and verse © Avril Schaffer and Julia Dornbush 2020, based on characters from 'The Highway Rat' © 2011 (Alison Green books).

Washing your hands



The Scarecrows' Wedding can't happen just yet.
When everyone's well, a new date will be set.

Artwork and verse © Axel Scheffler and Julia Donaldson 2016, based on characters from 'The Scarecrows' Wedding' © 2010 (Harper Collins, books).



Look me up and down,
I'm the cleanest giant in town!

Artwork and verse © Axel Scheffler and Julia Donaldson 2016, based on characters from 'The Scarecrows' Wedding' © 2010 (Harper Collins, books).

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



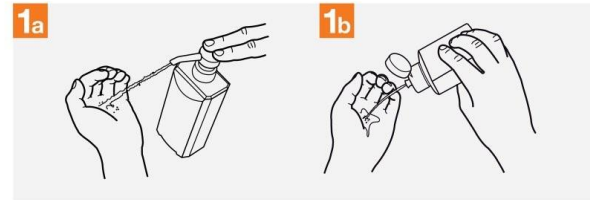
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SOUTHEND
2050
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How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

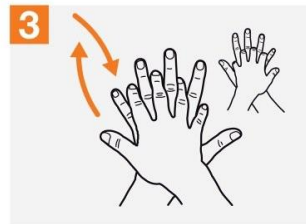
⌚ Duration of the entire procedure: 20-30 seconds



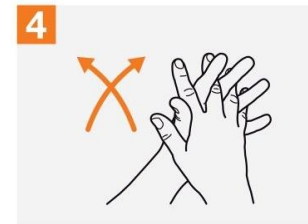
Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



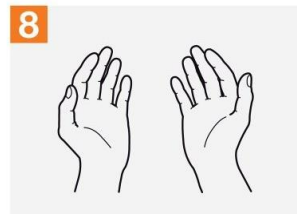
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

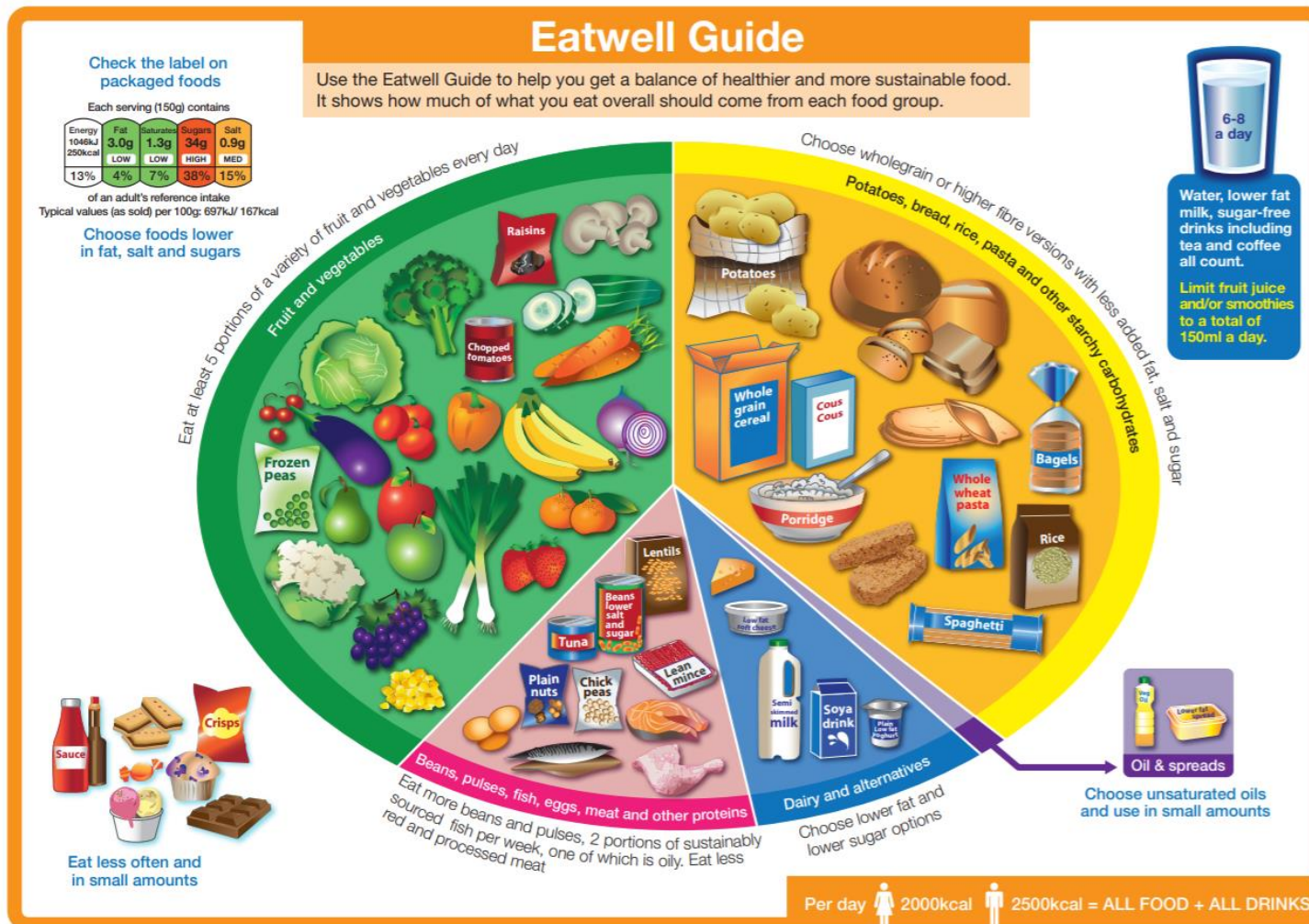


KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



NHS



Eating a Healthy Balanced Diet can help strengthen our Immune System

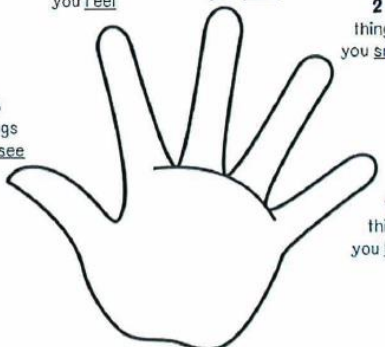
All Feelings Are Normal

We understand that coming back to School may cause a range of different feelings, but all these feelings are normal!

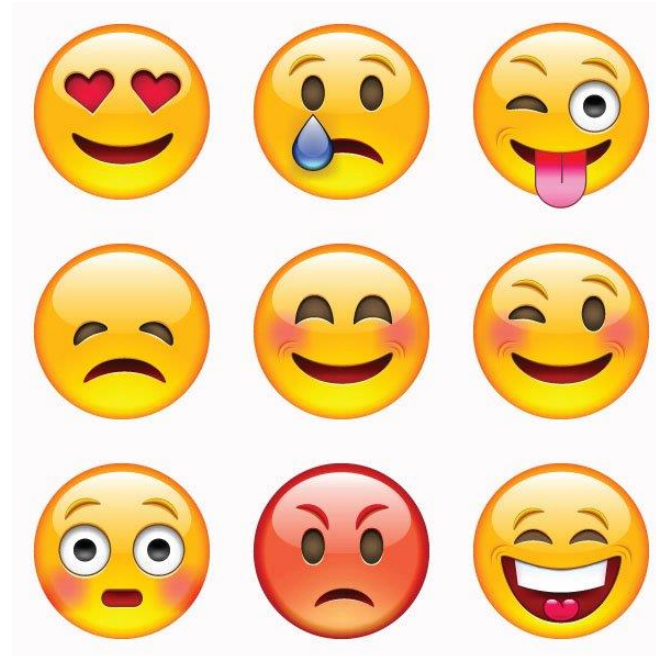
GIVE ME 5
Look around you.
Identify and name...

4 things you feel 3 things you hear 2 things you smell

5 things you see 1 thing you taste



Now take 5 deep breaths and talk it out.



If you have any sad or worry feelings, that's ok 😊 It really helps to talk about these feelings to an adult you trust.

School Nurses are here to help

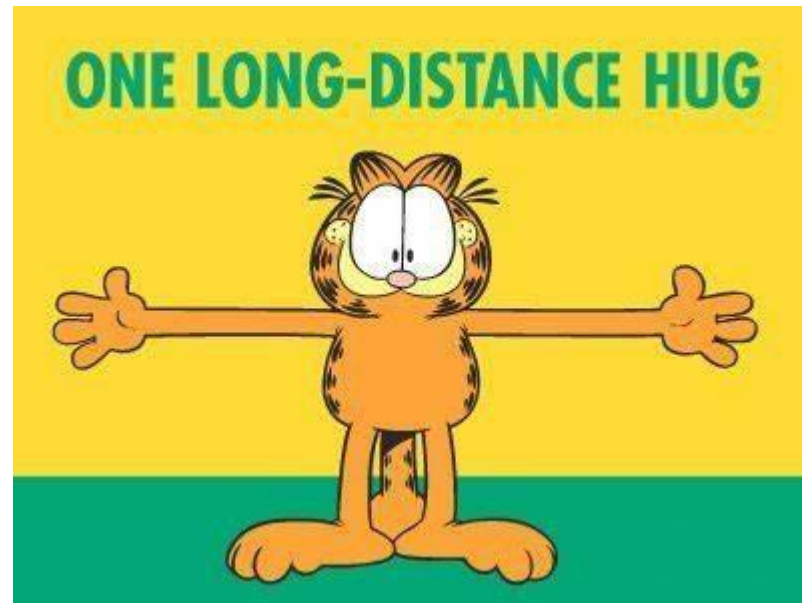


The School Nursing Team ensure that children and young people living in Southend are **happy and healthy**.

If you have any health worries, **we can help you**.
If you're in Primary School, your parent or carer can call us on
01702 534843 or Text on 07507 331884.



Keep yourself safe and have fun!



Working to make
lives better
www.southend.gov.uk



it all starts here

References

Author Julia Donaldson's (2020)

<https://www.booktrust.org.uk/news-and-features/features/2020/april/the-gruffalo-stick-man-and-the-smartest-giant-in-town-lend-a-paw-a-stick-and-a-hand-to-help-with-the-coronavirus-effort/>

World Health Organisation:

https://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf

NHS Choices:

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>

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

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>