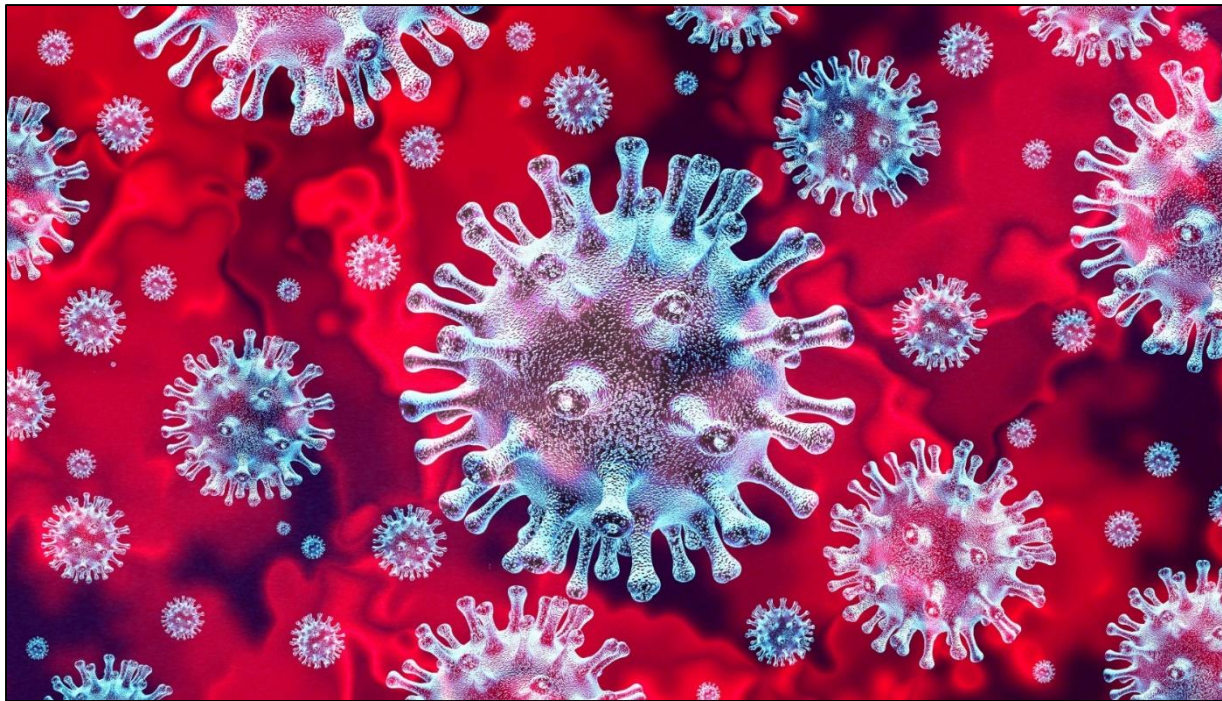


COVID-19 Update



Hele's

CURRENT POSITION



- Hele's School remains open for business and we continue to work to our normal timetable as far as possible.
- Schools across the country will remain open as long as possible, or until the Government or Public Health England tell us that we MUST close.
- However, all visits, trips, clubs and events are cancelled for the foreseeable future (this includes Parents' evenings, the Easter Music concert, sports fixtures, CCF, Duke of Edinburgh and Ten Tors training).
- We understand this is a difficult situation to be in, but we are all in it together! Decisions will be made with the wellbeing of our students and staff at the heart.
- Remember that children are the group in society who are less vulnerable to contracting COVID-19, so try not to worry unduly.

Hele's

But we understand you may be worried and that really is OK



There's a lot in the news at the moment about Coronavirus. Some of what you see or hear might sound confusing or scary, so it's normal to have some worries about a big story like this. But you are not alone!

Hele's

Things you can do to help



- Don't bottle up your worries - talk to a trusted adult.
- If you're worried about elderly relatives, find different ways to keep in touch with them, such as video calling.
- Get your information from trusted sources.
- Don't worry about what you can't control, **but do what you can to help**, for example by washing your hands regularly.
- Do things that you enjoy and keep yourself busy.

Don't worry...



If schools are advised by the Government or Public Health England that we are to close, then there is a plan in place to continue your education:

- Work will be set using ClassCharts for all year groups and all subjects.
- Deadlines for work will be set, and completion will be expected in this time.
- Tasks will be varied, but may include:
 - Specific website e.g. Sparx, Seneca, MyMaths, etc.
 - Watching a video or listening to a clip.
 - Reading an extract and commenting on it
 - Reading a text
 - and many more.....

Your teachers will talk to you about their approach to setting work and expectations in the event of a closure.

Internet and computer/device access at home



ACTION REQUIRED

- Please tell your Tutor if you have NO access at all to the internet at home or a device to access the internet (e.g. computer/tablet/ laptop/phone with internet access) - this can be shared access with other family members and doesn't need to be exclusive access.
- Your Tutor will record this information on a register and a member of staff from Hele's will then contact parents to clarify the situation. If verified, we will prepare hard copy resources for you and post them home in the event of a school closure to make sure you are not disadvantaged.

What you can do this week



- Triple check you can log into ClassCharts!
- Ensure that you know your usernames and passwords for subject specific websites/resources - if not, then ask your teacher for help now.
- Continue to **WASH YOUR HANDS REGULARLY** using soap for at least 20 seconds before rinsing.
- Do not share items that come into contact with your mouth such as cups & bottles.
- Try not to touch your eyes, nose, and mouth with unwashed hands.
- Remain calm and keep things in perspective. These are unprecedented times, but it is really important to ensure that the information that you are acting on is factually correct.

Don't forget the 24/7 online support
available for you from Kooth.com



kooth

www.kooth.com



Keeping safe



- If you have any concerns about your own safety, or that of other students, during any period of school closure, please contact the school safeguarding team by emailing:

safeguarding@heles.plymouth.sch.uk



Hele's

Continue to control the things we can

If you need to cough or sneeze



Catch it
with a tissue



Bin it



Kill it
by washing
your hands with
soap & water or
hand sanitiser

ACTION REQUIRED

Watch the short (46secs) NHS film for
guidance on handwashing:

<https://youtu.be/bQCP7waTRWU>

You should wash hands with soap & water or hand sanitiser



**After breaks
& sport
activities**



**Before
cooking
& eating**



**On arrival at
any childcare
or educational
setting**



**After using
the toilet**



**Before
leaving
home**