

Ways to Support Social Distancing and Hygiene in School

https://www.youtube.com/watch?v=K2bEm_Nvlpc - @mjb302 Matt Butler - a consultant from the COVID Assessment Unit at Cambridge University Hospitals, speaks about COVID19, how it is spread and the steps we need to take to reduce the risks for our children, our staff and our families. Lots of information and practical guidance to assist schools going forward.

Washing hands properly

Step 1: Wet hands with safe running water

Step 2: Apply enough soap to cover wet hands

Step 3: Scrub all surfaces of the hands – including backs of hands, between fingers and under nails – for at least 20 seconds

Step 4: Rinse thoroughly with running water

Step 5: Dry hands with a clean, dry cloth, single-use towel or hand drier as available

Wash your hands often, especially before and after eating; after blowing your nose, coughing, or sneezing; going to the bathroom/ toilets/latrines and whenever your hands are visibly dirty. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water, if hands are visibly dirty.

EYFS

- Focus on good health behaviours, such as covering coughs and sneezes with the elbow and washing hands frequently
- Sing a song while washing hands to practice the recommended 20 second duration. - Children can “practice” washing their hands with hand sanitizer
- Develop a way to track hand washing and reward for frequent/timely hand washing
- Use puppets or dolls to demonstrate symptoms (sneezing, coughing, fever) and what to do if they feel sick (i.e. their head hurts, their stomach hurts, they feel hot or extra tired) and how to comfort someone who is sick (cultivating empathy and safe caring behaviours)
- Have children sit further apart from one another, have them practice stretching their arms out or ‘flap their wings’, they should keep enough space to not touch their friends.

Primary School

- Make sure to listen to children’s concerns and answer their questions in an age-appropriate manner; don’t overwhelm them with too much information. Encourage them to express and communicate their feelings. Discuss the different reactions they may experience and explain that these are normal reactions to an abnormal situation.
- Emphasise that children can do a lot to keep themselves and others safe. Introduce the concept of social distancing (standing further away from friends, avoiding large crowds, not touching people if you don’t need to, etc.) - focus on good health behaviours, such as covering coughs and sneezes with the elbow and washing hands

- Help children understand the basic concepts of disease prevention and control. Use exercises that demonstrate how germs can spread. For example, by putting coloured water in a spray bottle and spraying over a piece of white paper. Observe how far the droplets travel.
- Demonstrate why it is important to wash hands for 20 seconds with soap and water - put a small amount of glitter in students' hands and have them wash them with just water, notice how much glitter remains, then have them wash for 20 seconds with soap and water
- Have students analyse texts to identify high risk behaviours and suggest modifying behaviours - for example, a teacher comes to school with a cold. He sneezes and covers it with his hand. He shakes hands with a colleague. He wipes his hands after with a handkerchief then goes to class to teach. What did the teacher do that was risky? What should he have done instead?

Key Messages and Actions for COVID-19 Prevention and Control in Schools March 2020 – read the full report here.

https://www.who.int/docs/default-source/coronaviruse/key-messages-and-actions-for-covid-19-prevention-and-control-in-schools-march-2020.pdf?sfvrsn=baf81d52_4&gclid=Cj0KCQjw2PP1BRCiARIsAEqv-pQdDZUSaCHMrbQLC-yszWhHStb1G91mnaAfJrDbfK0HboGkZPNHK0waAvVuEALw_wcB

Posters and Teaching Resources to Support these Messages

<https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2017/09/catch-bin-kill.pdf> - NHS Catch it, Bin it, Kill it poster.

https://e-bug.eu/junior_pack_ks1.aspx?cc=eng&ss=2&t=Horrid%20Hands Teaching resources and posters around the 'Horrid Hands' theme.

<https://www.tes.com/teaching-resource/e-bug-horrid-hands-pack-6395564> Teaching resources which look at microbes and the importance of hygiene.

Love
Community
Respect
Trust
Ambition