

Mixing Outside School

To protect you, your family, your friends and the community, you should practise social distancing.

- You cannot leave your home to meet socially with anyone you do not live with or are not in a support bubble with (if you are legally permitted to form one).
- You may exercise on your own, with one other person, or with your household or support bubble. This should be limited to once per day, and you should not travel outside your local area.
- You cannot meet other people you do not live with, or have not formed a support bubble with, unless for a permitted reason.
- Stay 2 metres apart from anyone not in your household or support bubble.

For friendly family advice about COVID-19 please see the links below:



- <https://www.e4education.co.uk/covid-19-resources-for-parents-schools-and-students>
- <https://www.gosh.nhs.uk/news/coronavirus-covid-19-information-children-young-people-and-families>
- <https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers>
- <https://www.gov.uk/guidance/national-lockdown-stay-at-home>
- <https://www.unicef.org/parenting/coronavirus-covid-19-guide-parents>
- <https://www.nhs.uk/conditions/>



Being COVID safe at Gainsborough Jan 2021

Control Measures Recommended by Public Health England

These are the control measures primary schools have been advised to follow:

- Increased ventilation throughout the classes and buildings
- Social distancing by both staff and children were possible
 - Increased handwashing
 - Increased cleaning
- Improved respiratory hygiene: catch it, bin it

Drop Off in the Morning

We have a natural staggered start at Gainsborough in the morning which works well for our school community.

Please continue to ensure children arrive for:

- **8.45am** to access soft start reading and spelling and please continue to drop off at designated doorways.
- **8.30am** Front gate opens and families can wait in the front entrance area
- **8.40am** Side gates open for children to walk into classes
- **8.45am** all ground floor doors open
- **9am** front gate closes

Feeling unsure?



Contact us for guidance.

Pick up kids, not germs.



Please keep your distance from other parents and guardians.

Be brave. Be kind.



And please reach out if you need help.

Increased Control Measures

We believe we have managed our infection control measures well at Gainsborough and our cases have been isolated. In order to protect all staff and families we are now asking for all adults collecting and dropping off to wear masks on the school premises.



We are also asking parents to reduce the amount of times they come into the school building. Please wait outside the Children's Centre and Main Office for ordering/collecting uniform, picking up learning packs, to speak with staff.

Staff are completing lateral flow testing twice weekly to ensure timely intervention and isolation. If positive tests are noted.

Pick Up

- Masks must be worn
- **3.20pm** Gate opens
- **3.30pm** Side gates opens



Please leave promptly once you have collected your child/ren.

If Your Child is Unwell

What are the symptoms of the COVID-19 in children?

The main symptoms of coronavirus are:

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal.

What to do if your child has symptoms?

If your child has any of the main symptoms of coronavirus:

1. Get a test to check if they have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get the test result – only leave your home to have a test.
3. Please notify the school if your child is currently attending the school setting.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get the re-

Recognising Coronavirus (COVID-19) Symptoms



Symptoms	Covid-19 Symptoms range from mild to severe	Flu Rapid onset of symptoms	Cold Gradual onset of symptoms
Fever (37.8C or above)	Common	Common	Rare
Fatigue	Sometimes	Common	Sometimes
Cough	Common (usually dry)	Common (usually dry)	Mild
Sneezing	No	No	Common
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Sometimes	Common
Sore throat	Sometimes	Sometimes	Common
Diarrhea	Rare	Sometimes (for children)	No
Headaches	Sometimes	Common	Rare
Shortness of breath	Sometimes	No	No
Loss of taste or smell	Common	No	Sometimes