



# SPEY SAFE

Your guide to staying safe,  
and helping to keep our  
community safe, on our  
return to school in August

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We are all excited about welcoming pupils back to Speyside High School. This has been an very strange and challenging few months in an unprecedented global health emergency.

Six months ago we had barely heard of Coronavirus and whilst scientists and the medical profession have gained a lot of understanding about the virus, it's effects and how it is spread there is a lot we still do not know. Therefore everyone must remain cautious.

Whilst you may have heard on the media that effects of catching the virus in young people are milder than in adults, there are many unanswered questions...

- When do pupils move from being a young person to an adult in terms of risk
- Because schools were closed for much of the pandemic around the world we still do not know, with confidence, that young people cannot take the virus home to their families.
- We also do not know what the risk to school staff is likely to be.

Therefore, we ask that everyone in the Speyside High School community plays their role in helping to minimise the risk when you are in school and when you are on your way to and from school.

If we all follow the guidance outlined in the next few pages then we will all keep each other and our families safe and a more normal return to school will happen much sooner.



If you, or any member of your household, have any of the known symptoms of Covid-19 it is important that you **do not come to school!**

Please follow the latest NHS Scotland Test and Protect Guidance.

## **Self-isolate Get tested**

If **positive**...continue to self-isolate for the recommended period of time. **Please inform the school.**

If **negative**...you can return to school when you feel better.

If you feel ill in school – inform a member of staff immediately.

You will be taken to the Ruby room to await collection by a family member. Staff in the room will wear PPE – a mask, gloves and apron – please do not be alarmed. This is for their protection.

Better to be safe than sorry.

Once at home follow Test and Protect Guidance outlined above.

### Getting to and from school



Please fill the buses from the back to the front following the instructions of the driver. Sit the same seat on the way home.

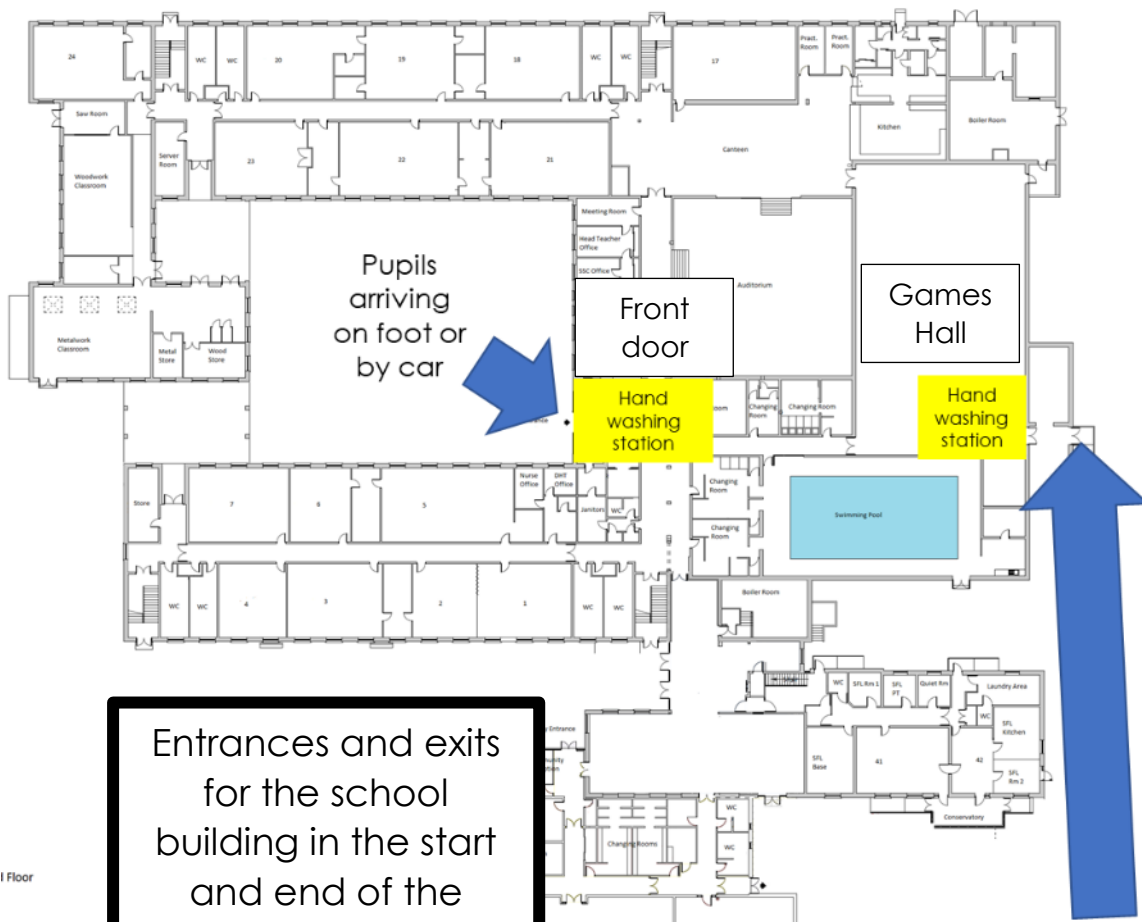
We recommend you wear a face covering - unless you have a medical exemption.

Avoid touching your face.

### Arriving at school

Remain seated on the bus until asked to leave the bus by a member of staff. You will be escorted into the building.

If you walk to school please wait – ensuring social distancing - in the quadrangle



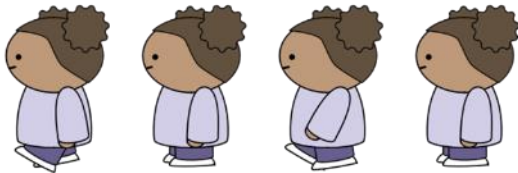


### Social distancing

Everyone must stay 2 metres apart.

Imagine sitting on either end of one of the canteen tables...that is 2 metres!

We must do this inside **and** outside.



### Going to the toilet

We may limit the numbers of pupils all going to the toilet at the same time. So don't wait till you are desperate.

Use only the cubicles that are open. Do not use the urinals.

Wipe down the seat after use. Dispose of wipes in sanitary bin.

Wash hands with soap and hot water

### Hand hygiene

The best way to beat the virus is to wash your hands for 20 seconds using soap and warm water.

Wash your hands every time you enter or leave a room.

Use hand sanitiser if no sink is available



### Moving around the school

You must follow the **one-way system** to move around the school.

Remain **2 m** away from other corridor users.

Do not stop for chats.

Staff will be monitoring movement in the corridors - please follow the instructions of staff members



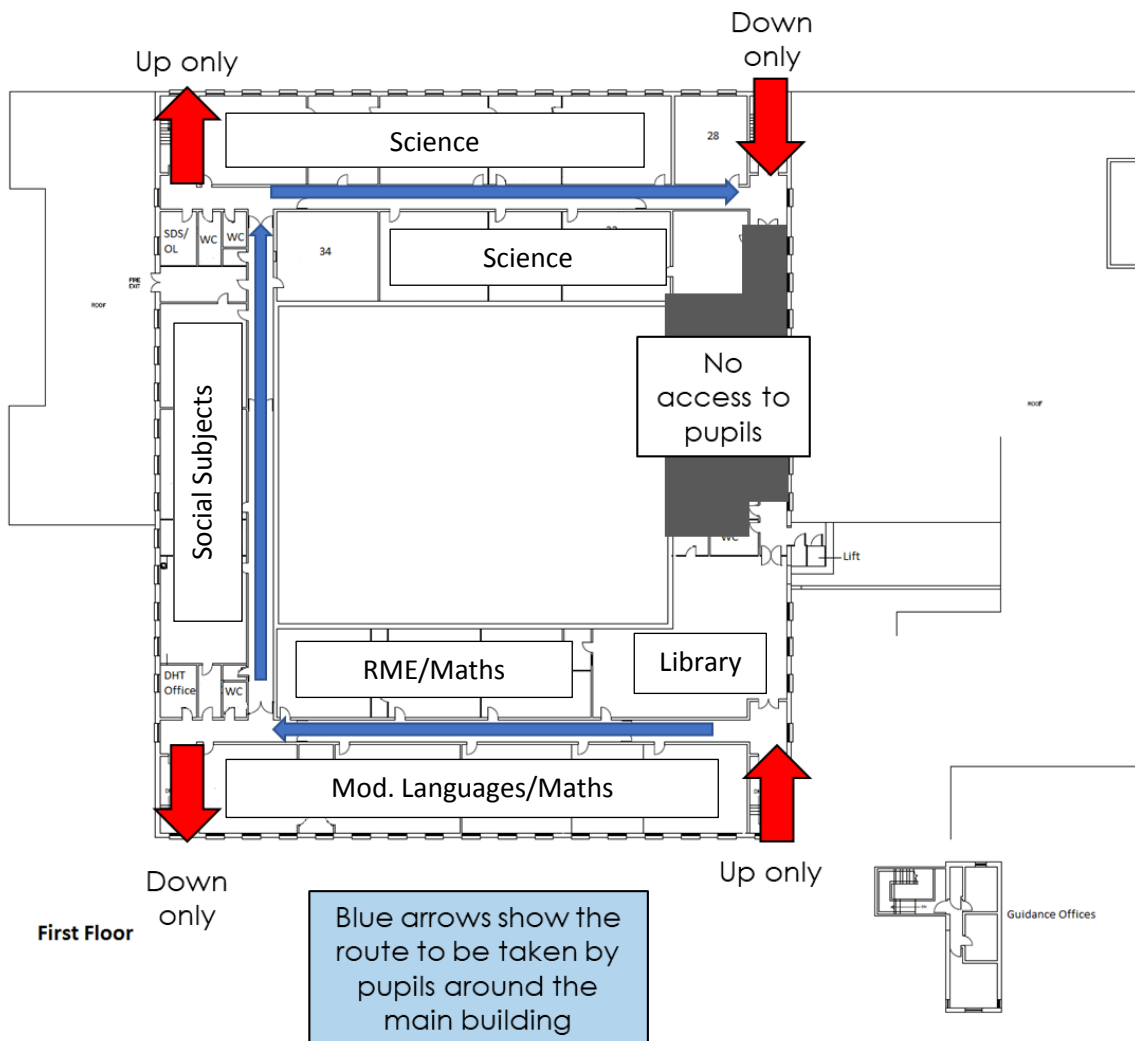
for 20 seconds.

Dispose of paper towels in the bins  
provided.

The following pages show the ONE-WAY system to be used around the school. Please use at all times even if going to the toilet. Pupil toilets are all located on the ground floor. Note: Some stairs are UP ONLY and others are DOWN ONLY.



# Plan for movement around the First Floor of the school



## In class

You must remain seated at your allocated desk.

Use **your** labelled pack of stationery only -this will contain pen, pencil, ruler, eraser etc. Return everything to the bag at the end of lesson.

You will be asked to **help clean your desk and chair** at the end of each session using wipes provided.

Any work that needs to be marked will continue to be submitted online.



### **Break times**

These will be taken in the classroom.

You must remain at your desk.

You will get an opportunity for exercise during your Health and Wellbeing period.

Snacks are allowed. But only water can be drunk. Do not share drinks or food.

You must wash your hands before eating.

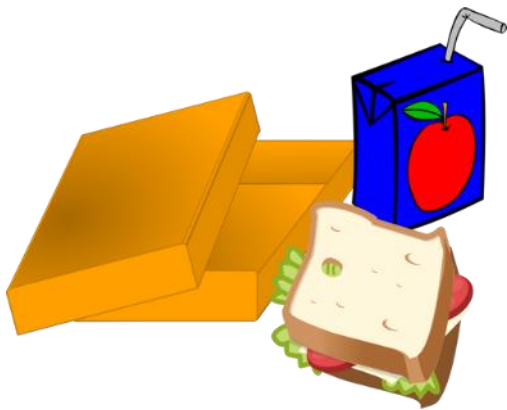


### **Lunchtime**

If you are staying in school over lunch then you will be required to bring a **packed lunch**.

Due to the risk of different groups of pupils mixing you will remain in your classroom and will not be able to go down the street.

Pupils receiving free school meals will get a lunch provided.



These guidelines may seem overly cautious but the better we work together to suppress the virus then the quicker we can return to a more normal school routine.

If you have any questions about what is in this guide you will be given an opportunity to ask them when we return to school in August.