**Top Tips for Secondary Learners**

**Before going to school:**

* If you feel unwell, you should **not** go to school and should tell someone at home – are you hot, have a new continuous cough or lost your sense of smell and taste?
* Make sure you have breakfast and wear warm clothes during winter months
* Please ensure you dress warmly for Physical Education (PE) as this may be outside, even in winter months
* Make sure you have packed everything you need for the day including your own hand sanitiser and tissues if you want
* You should bring a face covering/mask with you to school unless exempt
* Face coverings/masks and social distancing must be adhered to
* Wash your hands before you leave the house (20 seconds)
* Avoid touching your face, eyes and mouth at all times

**When travelling on school or public transport:**

* If you can, walk, cycle or scoot to school as a healthier option
* Hand sanitise before going on to school or public transport
* Face coverings/masks **must** be worn unless you are exempt from wearing one
* Don’t eat or drink on transport
* Avoid touching seats, handles and surfaces if you can
* Keep 2 metres away from adults
* Remain in the same seat each time you are on school transport and ensure you are on the assigned bus

**When arriving at school:**

* Face coverings/masks **must** be worn in corridors, communal areas, toilets and if within 2 metres of others
* Arrive as near to the start of the school day as you can – don’t be late!
* Avoid gathering with others in groups
* Follow instructions from adults
* Wash your hands and hand sanitise regularly
* Avoid standing at busy areas – for example, at entrance doors
* Be kind and respectful at all times and follow rules for everyone’s safety

**During the school day:**

* Wash your hands regularly, dry them properly and hand sanitise
* Move around the school and classroom only when you need to
* Use toilets at break and lunch times where possible - moving around during class times will be limited
* Stay in your allocated seat in classes
* Don’t share equipment
* If you use tissues to sneeze/cough, put them in the bin and wash your hands
* Avoid touching other people, handshakes and hugs
* Follow instructions given by staff at all times
* If you feel unwell at any time, tell a teacher or an adult straight away



**At break and lunch times:**

* Wash your hands and hand sanitise
* If you feel unwell, tell someone straight away which may involve going to the School Office
* Put all rubbish in bins provided and recycle where possible
* Adults on duty will help you when moving around the school. Please follow their instructions to keep everyone safe
* Identified year groups may be allowed to leave school premises at lunchtime. Please be a good neighbour and be respectful of others and the community around your school
* If leaving school premises at any time, please remember to adhere to social distancing, wearing face coverings/masks in shops and disposing of your litter in a refuse bin to keep the local area tidy
* Shops may impose limits for entry to support social distancing and you should be respectful of this request

**At the end of the school day:**

* Follow instructions from school staff
* Leave the building, taking all personal items with you
* Use the correct exit route and exit door
* Avoid gathering outside the school building or on the way home from school
* Be kind and respectful to people and the area around the school

**When you return home:**



* Wash your hands and hand sanitise
* You may want to change out of your school uniform
* Remember to do your homework or studying to be prepared for any Senior Phase assessments

**At all times:**

* Please be kind and think of others
* Please follow all rules, arrows and instructions
* Try your best and be supportive of one another
* If you are anxious or worried, please talk to someone you trust who can help you

If you are identified as a close contact to someone who has been tested positive for Covid-19, please ensure that you follow school arrangements for continuing your learning remotely at home during any period of self-isolation. Your school will keep you updated.

We will continue to do everything we can to make you feel safe in school and to support you with your learning.

