



# Safeguarding Bulletin

## September 2020



### Parent/carer information about COVID-19

COVID-19 is a type of coronavirus that causes illness in people by affecting their lungs and therefore their breathing.

The most common symptoms of coronavirus (COVID-19) are a new, continuous cough, a high temperature (over 37.8 degrees) or loss of, or change in, your normal sense of taste or smell (anosmia).

For most people, coronavirus (COVID-19) will be a mild infection.

Children are likely to become infected with coronavirus (COVID-19) at roughly the same rate as adults, but the infection is usually mild.

It can be spread from person to person by coughing or touching surfaces or areas of skin that have been contaminated by the virus.

#### How to avoid catching or spreading microbes

There are things you can do to help stop viruses like coronavirus spreading.

##### Do:

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell

##### Don't:

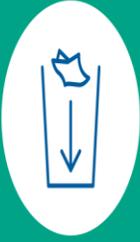
- do not touch your eyes, nose or mouth if your hands are not clean

# How can you stop coronaviruses spreading?

## 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

## 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



Try not to touch your  
eyes, nose, and mouth  
with unwashed hands



Do not share items that come  
into contact with your mouth  
such as cups & bottles



If unwell do not share items  
such as bedding, dishes,  
pencils & towels

## Barnardo's See, Hear, Respond service



Believe in  
children  
Barnardo's

See, Hear, Respond is a service provided across England by Barnardo's in response to the coronavirus outbreak. See, Hear, Respond provides support to children, young people and their families who aren't currently seeing a social worker or other agency, and who are struggling to cope with the emotional impacts of coronavirus. See, Hear, Respond supports young people up to 18 years of age, and those with special educational needs under the age of 25, and will contact every referral made, so no child is missed. Help is available in one or more of four ways:

- an online hub of support and information: [www.barnardos.org.uk/see-hear-respond-support-hub](http://www.barnardos.org.uk/see-hear-respond-support-hub)
- online counselling and therapy
- face-to-face support for those most affected and at risk of some of today's most pertinent issues, such as criminal exploitation, and
- helping children and young people reintegrate back into school.

You can access via the See, Hear, Respond service via its [self-referral webpage](#) or Freephone 0800 151 7015.

## We are here to help

I understand that it can be frustrating to have your child sent home for possible COVID symptoms or be advised to get them tested. We truly do want every child back at our Federation. We are however, like every other school, following Government policy and advice and have no option but to advise children to self-isolate/get tested for COVID symptoms in order to keep our school open and safe. As we enter the Autumn season, we are going to experience a range of common illnesses. Our clear advice is:

- If your child is experiencing a common illness e.g. sore throat, runny nose etc then treat this as you would normally – consider if they are well enough to be in school.

**Be highly vigilant for Main COVID symptoms. In this case, you will need to keep your child off school,** inform us of this, call 111/visit <https://111.nhs.uk/> and arrange a test ASAP.

We have a limited number of home test kits on site to offer parents/carers without transport or who are unable to arrange a test themselves.

Please speak to us if there are any problems at all and we are happy to help.

Tel: 01454 867116  
Email: [parkwallprimary@sgmail.org.uk](mailto:parkwallprimary@sgmail.org.uk)

Tel: 01454 866536  
Email: [parkprimary@sgmail.org.uk](mailto:parkprimary@sgmail.org.uk)