

Supporting you and your family throughout lockdown

As we enter another national lockdown, we understand that you may have lots of questions:

Why have schools remained open?

Why should my child attend school during lockdown?

Is it safe for my child to be attending school?

It is essential that all young people attend school throughout this period. Here is a reminder of why:

- ★ The risk of young people becoming severely ill from coronavirus is very low
- ★ Students need to access full academic support from teachers
- ★ School staff can support with any worries or anxiety
- ★ It is important to maintain good routines throughout the week
- ★ It is important that students maintain face-to-face interaction and spend time with friends



Although home may feel like the safest place at the moment, there are risks associated with your child avoiding school:

- ★ Taking days off school makes it more overwhelming to return
- ★ Missing out on learning leads to an increased workload
- ★ Changes in routine disrupt sleeping patterns
- ★ A lack of social interaction can leave your child feeling isolated which can negatively impact their mental health



We have introduced a number of measures to ensure that school is safe for both staff and students:

How do I know that my child is safe?

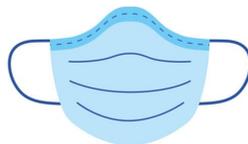
- Students remain in **year group bubbles** with separate staircases and entrances allocated to their year group
- Hand sanitising stations implemented throughout the school
- Enhanced cleaning rotas
- Sanitising routines in classrooms following every lesson
- Masks are required whilst moving around the school

What if my child has to self isolate?

If your child has to self isolate over this period - no need to panic. They can still continue their learning either online or with a paper pack sent from school. For more information on remote learning please visit: <https://wernethschool.com/staff-students/remote-learning-info>

Here are some tips to ensure that your child is ready to return to school once their isolation period is has ended:

- **Check in with them** - How are they feeling? Are they managing to complete the work that has been set? Are they worried or anxious about returning?
- **Stick to a regular routine** - Waking up and going to bed at the same time as they would on an ordinary school day will make it easier for them to return.
- **Keep in contact** - If you or your child have any questions or worries, do not hesitate to contact the school during the isolation period. Encourage your child to email their form tutor or request a call back from a member of the pastoral/attendance team.
- **Be ready to return** - Make sure you know the date that your child is due to return to school and ensure they have everything ready the night before.



Worried about coronavirus?

It is normal to feel worried about the current situation. Don't ignore it, fight it, reject it or be afraid of it. Share your worries with somebody you trust.

Keep it in perspective - remember that news can often be amplified so find a credible source such as Gov.uk or the NHS websites and stick to the facts.

In need of further support? Find out which support services are available to you by visiting: <https://www.wernethschool.com/our-news/covid-19-updates>