

Embrace Multi Academy Trust: Coronavirus Update

Last Updated: Tuesday 25 August 2020 – 9.30am

Guidance for Parents/Carers, Staff and Pupils (updated 21/08/2020)

All Embrace schools are making arrangements for the return of all pupils after the summer break, from Thursday 27 August 2020 ([see letter from Trust Leader](#)).

The arrangements are being approved at trust level before children return to school, as part of a robust risk assessment process to keep all members of our school communities as safe as possible. Local arrangements are being communicated to parents/carers and members of staff by each school in the trust.

All pupils will have new rules to follow to keep everyone at school as safe as possible. Please support your child's school by encouraging your child to wash their hands regularly and to 'catch it, bin it, kill it' by coughing or sneezing into a tissue, putting it into a bin and washing/sanitising their hands afterwards.

We would also ask that you do not send your child to school if they have symptoms of coronavirus or are feeling unwell in any respect.

As part of our plans to keep our schools as safe as possible, please be patient and observe the systems that your child's school has put in place to keep arrival and dismissal times as safe as possible for all concerned.

If you have a general enquiry for your child's school or would like to speak to your child's teacher, please get in touch by telephone or email in the first instance, rather than in person. The school office will only be able to let in visitors who have made an appointment beforehand. Visitors will be expected to follow the arrangements they are given upon arrival, to keep everyone as safe as possible during the visit.

Information has been published by the Department for Education about '[what parents and carers need to know about schools in the autumn term](#)'.

The Leicestershire Educational Psychology Service has produced two useful guides with tips for parents and carers on [supporting your child's return to primary school](#) and [supporting your child's return to secondary school](#).

All academies within Embrace Multi Academy Trust are complying fully with government information and guidance.

Please refer to the final page of this update for links to official guidance about coronavirus.

Travelling to School Safely (Department for Transport) (updated 12/08/2020)

Anyone over the age of 11 must wear a face covering when travelling on public transport in England and adopt a social distance of 2 metres from outside of their household, or a 1 metre plus approach where this is not possible.

The approach to children travelling on a dedicated school bus has been updated and more information will be issued by Brockington College to relevant parents/carers.

Advice has been issued on how parents/carers and pupils can travel to school safely as part of the #TravelSafely campaign. Resources have been developed to ensure that parents/carers, pupils and members of staff have the information they need to stay safe on the public transport network. This includes information developed in collaboration with respected partners on how to cycle and walk to school safely, which is encouraged where possible. Resources are available from <https://extranet.dft.gov.uk/safer-transport-campaign/schools/>

How to wash your hands properly (updated 21/08/2020)

It is still essential that everyone washes their hands more often, using soap and water for at least 20 seconds. Handwashing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the virus. Hand sanitiser can be effective

if soap is not available or the situation makes using soap less feasible (ie outside), but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides.

Testing Available to Anyone with Symptoms of Coronavirus (updated 30/07/2020)

Anyone with symptoms of coronavirus is eligible to book a test, including children under the age of 5 years. Anyone experiencing a new, continuous cough; high temperature; or a loss of, or change, in their normal sense of smell or taste (anosmia) can book a test via <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Essential workers in England, Scotland, Wales and Northern Ireland can apply for priority testing through GOV.UK. A coronavirus test can be booked here: <https://www.gov.uk/apply-coronavirus-test-essential-workers>

Keeping Children Safe Online (updated 14/05/2020)

Childnet	(toolkit to support parents/carers with setting boundaries around online behaviour)
Digital Safety	(support for parents/carers around safeguarding from harmful influences online)
Internet matters	(online safety checklists, setting parental controls and practical tips to support parents and carers to keep their children safe online)
Let's Talk About It	(advice for parents/carers to keep children safe from online radicalisation)
LGfL	(support for parents/carers to keep their children safe online)
Net-aware	(support for parents/carers from the NSPCC)
Thinkyouknow	(advice from the National Crime Agency to stay safe online)
Parent info	(support from leading experts and organisations for parents/carers to keep their children safe online)
UK Safer Internet Centre	(tips, advice, guides and resources, including parental controls on social networks)

Support for Children's Emotional, Mental and Physical Wellbeing (updated 04/05/2020)

Chat Health

Information from Healthy Together and NHS Leicestershire regarding support for health matters:

- [ChatHealth-Parent/Carers](#) (for parents/carers of children/young people aged 5-19)
- [ChatHealth - Secondary](#) (for secondary school pupils)

Childline

A confidential service for children/young people to access information about ways to support themselves if they are struggling. No problem is too big or too small:

- www.childline.org.uk (interactive website providing support and a helpful toolbox feature)
- 0800 1111 (available 9am to midnight)

Kooth

A free online counselling and emotional wellbeing platform for children and young people.

- www.kooth.com

Leicestershire Educational Psychology Service

A guide to help [support children with bereavement](#) and loss during COVID-19

Liverpool CAMHS

Wellbeing resources for children and young people.

- wakelet.com

PAPYRUS

A free national helpline providing confidential advice for young people who are not coping with life:

- 0800 0684141 (call anytime)
- 07786 209697 (text anytime)

Young Minds

The UK's leading charity supporting children's and young people's mental health:

- [YoungMinds](#) (resources and information – aimed at older children)

- Text Shout to 85258 (free, 24/7 text service for any child/young person in crises anytime, anywhere)
 - Text YM to 85258 (free, 24/7 text service for children/young people needing urgent help)
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Guidance for households with symptoms (updated 06/08/2020)

Whole household isolation guidance in response to the coronavirus (COVID-19) outbreak:

- if you have symptoms of coronavirus, however mild, you must self-isolate at home for at least 10 days from when your symptoms started
- you should arrange to have a [test](#) to see if you have COVID-19.
- If you are not displaying symptoms, but have tested positive for COVID-19, you must self-isolate for at least 10 days, starting from the day your test was taken.
- you should consider alerting people you have had close contact with in the last 48 hours to let them know you have symptoms.
- after 10 days, if you do not have a high temperature, you do not need to continue to self-isolate. You do not need to self-isolate if you only have a cough or anosmia after 10 days, as these symptoms can last for several weeks after the infection has gone.
- after 10 days, if you still have a high temperature, you should continue to self-isolate and seek medical advice.
- if you live with others, all other household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the household became ill, or if they do not have symptoms, from the day their test was taken.
- if anyone else in the household starts displaying symptoms, they need to stay at home for at least 10 days from when the symptoms appeared, regardless of what day they are on in the original 14-day isolation period.
- staying at home for 14 days will greatly reduce the overall amount of infection that people in your household could pass on to others in the community.

The most common symptoms are recent onset of any of the following:

- a high temperature (37.8 degrees and above)
- a new continuous cough
- a loss of, or change in, your normal sense of taste or smell (anosmia)

For most people, coronavirus will be a mild illness, however if you have any of the symptoms above, you must stay at home and arrange to have a test to see if you have COVID-19 via <https://www.nhs.uk/conditions/coronavirus-covid-19/>

The full stay at home guidance for households with these symptoms can be found here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Precautions (added 10/03/2020)

- Wash hands properly and regularly (see the [‘how to wash your hands properly’](#) section)
 - ‘Catch it, Bin it, Kill it’ – cough and/or sneeze into a tissue before throwing it away and washing hands
 - All Embrace academies have promoted this through assemblies, classroom teachers and posters
 - All Embrace academies are continuing to ensure good cleaning practices
 - All Embrace academies are committed to keeping staff, pupils and parents/carers updated with advice from government.
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Department for Education Helpline (updated 25/08/2020)

The Department for Education has a helpline to answer questions about COVID-19, which is specifically related to education. Staff, parents and young people can access the helpline using the details below:

- Email: DfE.coronavirushelpline@education.gov.uk
 - Phone: 0800 046 8687
- Opening hours: 8am to 6pm (Mon to Fri)

Where to find the latest official information (updated 21/08/2020)

- [Coronavirus: what you can and cannot do](#)
- [Department for Education \(Twitter\)](#)
- [Department for Education \(Facebook\)](#)
- [Foreign travel advice](#)
- [Number of coronavirus cases and risk in the UK](#)
- [Requesting a test for coronavirus](#)
- [Staying alert and safe \(social distancing\)](#)
- [Stay at home guidance](#)
- [Travel advice](#)
- [What parents/carers need to know about schools in the autumn term](#)
- [What parents/carers need to know about schools during coronavirus](#)