

Coronavirus Updates

At Essex Primary School, we take the health and safety of our pupils and staff very seriously. Therefore, we are continuing to monitor the situation closely and proactively following advice from the World Health Organisation and Public Health England.

What is coronavirus and should I be concerned?

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties. Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

What are the signs and symptoms of this new virus?

The symptoms of this new coronavirus (now known as COVID-19) include:

- a high temperature (37.8 degrees and above)
- a new, continuous cough

It is crucial that we all continue to follow Public Health England's advice. The following links relate to information you need to be aware of:

'Stay at Home Guidance'

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

'Protecting self and others Guidance'

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

How does this new coronavirus spread?

Because it is a new illness, we do not know exactly how it spreads from person to person, but similar viruses spread by cough droplets or sneeze droplets. These droplets fall on people in the vicinity and can be directly inhaled or picked-up on the hands and transferred when someone touches their face.

How to help prevent the spread of infection?

The recommended steps people should take to protect themselves are the same as those to avoid flu and any other similar respiratory infections. You should maintain good hand, respiratory and personal hygiene. Make sure you and your children follow these general principles to prevent spreading any respiratory virus:

- Wash your hands often – with soap and water for at least 20 seconds, or use an alcohol-based hand sanitiser if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are unwell.
- If you feel unwell, stay at home and do not attend work or school.
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin.
- If you do not have a tissue to hand, then cough or sneeze into the crook of your flexed elbow onto your sleeve (not your hands).
- Clean and disinfect frequently touched objects and surfaces in the home.
- If you are worried about your symptoms, please contact NHS 111 online – do not go directly to your GP or other healthcare environment.

What can I do to reduce my risk of catching coronavirus?

There are things you can do to help stop germs like coronavirus spreading:

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- If you do not have a tissue to hand then you should, ideally cough into your flexed elbow rather than your hands.
- Wash your hands often with soap and water, especially after using public transport and when returning home from school/work. Use a sanitiser gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid touching other people where you can.
- Avoid close contact with people who are unwell.
- Facemasks play a very important role in clinical settings, such as hospitals but there is very little evidence of widespread benefit from their use outside of these clinical settings.
- The best way to protect ourselves from infections like coronavirus is to wash our hands frequently with soap and water or use a sanitiser gel, as well as always carrying tissues and using them to catch coughs and sneezes, then putting the tissue in a bin.

Corvid-19 Essex School Closure Plan

Boris Johnson announced that all UK schools will be closed from Monday, 23rd March 2020. School will remain open for those children of key workers.

All children will have work set for them to continue their learning at home. The work has been set for weeks beginning: 23rd March 2020 and 30th March 2020.

Daily activities have been set for all pupils from Years 1 to 6 on Google Classroom. Your children would have received a username and password by now.

For example:

Username: pauls001.316@essex.newham.sch.uk

Password: bottle800

Your child/children must complete the daily activities between the hours of 9am and 3pm so that teachers will be able to provide feedback. Please ensure that your child/children have a space to complete their work. I would like to encourage all parents to read daily with their children.

For children in Nursery and Reception classes, their work can be found on the school's website: www.essex.newham.sch.uk. Please hover over the Learning tab and you will find Homework link. Nursery and Reception pupils will not be given feedback on a daily basis but parents are expected to work through the activities daily. If you as a parent, require any support, please email the EYFS staff on: eyfs@essex.newham.sch.uk with your child's name and class and the teachers will get back to you during school hours.

For the two weeks of the scheduled Easter Break (6th-17th April 2020), children are expected to complete their project learning which will be uploaded to Google Classroom and the school's website under the Learning tab and in Homework on Friday 3rd April 2020.

Parents and Carers can also help their children by doing the following:

1. Make sure your children have access to their school Google Classroom from home. Get them to demonstrate to you they can login to Google Classroom. Ideally, this will be on a desktop, laptop or tablet but can be done from a mobile phone if needs be.
2. Make sure your children have somewhere they can work at home. We ask that families try to ensure that conditions at home allow for up to 2-3 hours of learning each day.
3. For those families who have more than one child at Essex, I realise that there will need to be some negotiated management of who uses the computer when. I know families will do the best they can in these unusual circumstances.

If you have any further concerns or questions, please do not hesitate to contact the school either by telephone, 0208 4720322 or email, info@essex.newham.sch.uk