



WE ARE GOING BACK TO SCHOOL.

WE ARE NEWHAM.



What we can all do to keep our schools, our families and ourselves safe during COVID-19.

WE ARE NEWHAM.

People at the Heart of Everything We Do

GETTING NEWHAM BACK TO SCHOOL.

It's been a strange winter hasn't it. We were back at school before the end of last year. Then so much happened over even just the last few weeks of December and we found ourselves home schooling again.

We know for some of us it's not been an easy time. Children should be in school – with their friends, their teachers, their science labs, their playing fields and all that come with being in school.

For some being at home has been good and for others, going back to school brings worries, concerns and questions.

Whatever your thoughts and feelings about the coming weeks and months, we're here to help.

Families may have a lot of questions – about testing, about the vaccine etc. We want to answer any and all of them You can contact covidhealthchampions@newham.gov.uk for all your general questions.

If you need help with anything to do with staying home, please call our helpline 020 7473 9711 or email covidhelp@community-links.org.

Things have changed for us in Newham. Anita joined as our new Director of Education at the beginning of March. She is excited to be in a place that shares her passion for creating the opportunity and environment for children to thrive.

Together we'd like to say a very big thank you, to everyone in our community who has been doing so much to follow the rules, to get tested and vaccinated and keep everyone in the Newham family safe. And I'm sure you'll join us in thanking the whole education community who have kept children learning and growing at a very difficult time.

We look forward to a bright spring.

Anita Stewart
Director of Education

Jason Strelitz
Director of Public Health



WHY RETURNING TO SCHOOL AND COLLEGE IS IMPORTANT

School is important for children, young people and their families.

School helps children and young people to

- develop social connections
- continue to develop their identity

For most young people, school also helps with mental and physical wellbeing.



WHEN TO STAY HOME

Together we all want to keep COVID-19 out of our schools. The most important thing we need to do is stay home if you or anyone in your household

- has symptoms of COVID-19
- has tested positive for COVID-19
- has been contacted by test and trace and asked to stay home

YOUNG PEOPLE AND COVID-19

THE EVIDENCE

- The risk to children and young people of serious illness from COVID-19 is low
- The risks posed by COVID-19 in schools can be significantly reduced by a combination of wearing face coverings, keeping 2 metres apart and having good ventilation
- The vaccines are reducing severe COVID-19 and showing impact on how much people pass COVID-19 on to other people

KEEP HEALTHY WHEN YOU GO BACK

4 THINGS YOU CAN DO

Make sure your child(ren) are up to date with their vaccinations. For children, the risk from vaccine preventable childhood diseases is more than the risk of COVID-19.



Travel to school by walking, scooting or cycling, even just one way if you can. It helps you stay active and keeps Newham's air clean. Search 'healthy school streets' on www.newham.gov.uk for more information.



Try to make plans for after school and weekends – staying active and taking a break from the day-to-day is good for both body and mind.



Try to eat at least five portions of vegetables and fruit every day and drink plenty of water to help your body fight off infection.



GOING BACK TO SCHOOL

DOING THE BASICS

Everyone needs to keep doing all of the basic things to keep safe from COVID-19.



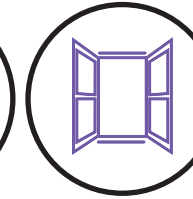
Wash your hands regularly



Wear your face covering



2 METRES
Follow all social distancing rules



Make sure there is good air flow at home and at work



Be kind to each other

GOING BACK TO SCHOOL

GETTING READY

Anyone in your family might have questions or feel nervous about going back to school – particularly about testing and face coverings.



Have a conversation about the basics (as described above)



Explain that there are lots of things in place to keep people safe



Listen to each other's concerns and questions



Be kind to yourself and your family – It is not easy for anyone

STAY WELL

- Attend all your usual health and care appointments
- Stay active and eat well
- Look after your emotional wellbeing
- Look after each other

STAY SAFE

- Wear your face covering
- Wash your hands regularly
- Avoid crowded places inside and outside
- Make sure there is good air flow at home and in your classroom

KNOW YOUR COVID-19 STATUS

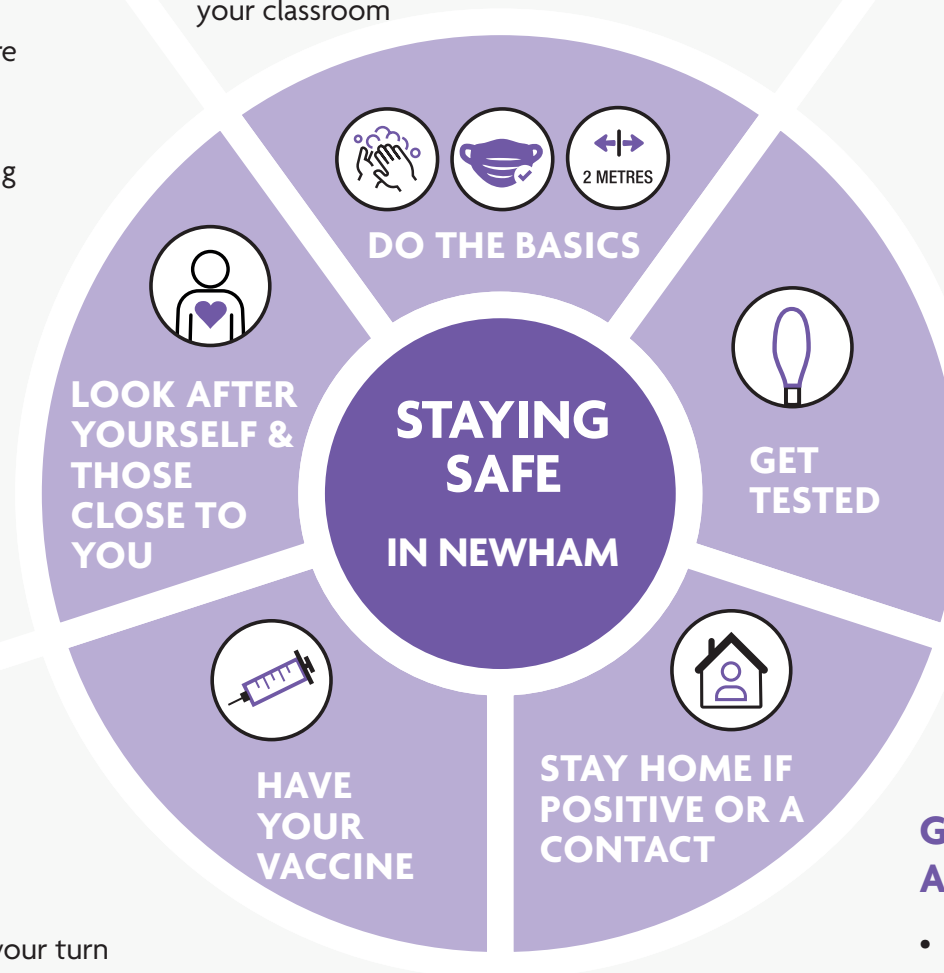
At school

If you have symptoms:

- Go home from school
- Book a test
- Stay home while you are waiting for your test and test result

If someone you live with has symptoms

- Everyone should stay at home
- Make sure the person with symptoms gets a test
- Go back to school if the person with symptoms has a negative test



BOOK OR ASK QUESTIONS

- Book your vaccine when it's your turn
- Book a Q&A session for your community group, place of worship, school, etc
- One-to-one peer support is available in multiple languages

GET HELP AND ADVICE WITH

- Shopping and food
- Financial support including the Test and Trace grant
- How to keep those around you safe
- Free hotel to help with isolation
- Help if work won't let you distance or isolate
- Someone to talk to

GOING TO SCHOOL HAVING QUESTIONS

Anyone in the family might have questions or feel nervous about going back to school – particularly about testing and face coverings.

GOING TO SCHOOL ARRIVING AND LEAVING

- Get there / leave at the time your school tells you to
- Walk, scoot or bike to and from school as much as possible
- Wear a face covering, keep 2 metres apart and use hand sanitiser if you have to take public transport
- Keep 2 metres apart from anyone you don't live with at the school gates
- Keep 2 metres apart from anyone you don't live with if you go anywhere after school

GOING TO SCHOOL WHAT IT'S LIKE DURING THE DAY

- The rules you had in September and before the winter break will still be in place
- There may be some new ways of doing things – explain them to each other and help each other to follow the rules
- Ask your teachers or other school staff if you have questions about the rules

GOING TO SCHOOL FACE COVERINGS

- Face coverings are one of the best ways we keep COVID-19 from spreading
- Rules on face coverings are based on evidence
- The adults at school will be wearing face coverings
- Anyone coming into the building has to wear a face covering at all times
- Students will need to wear face coverings all the time as well
- Remember to wash or sanitise your hands before you put on or shift your face covering

GOING TO SCHOOL REGULAR TESTING

- Around 1 in 3 people with COVID-19 do not have any symptoms, but can still pass the virus on to other people
- Regular testing keeps everyone safe: families and everyone you live with, the teachers and staff at school and the rest of your community
- Whether or not to take a test is up to you and your family. We really encourage everyone to take tests. It helps keep all of us safe
- When you go back to school, you will be asked to do 3 COVID-19 tests 3-5 days apart. Someone will help you to take the test, so that you can learn how to do them at home
- The test results will be available in around 30 minutes
- After having a test 3 times at school, young people will be given home test kits for regular testing at home. You should use these every 3-5 days
- Children and young people with special needs may be helped to do their test by a trained member of staff
- Staff can also get tested every 3-5 days
- Staff will get their kits from the school and test at home
- Even if people have had their vaccine, they will be encouraged to take the test

COVID-19 VACCINES HAVING A VACCINE

- People get better from most viruses with no medical help, but for some viruses this isn't the case – and we can get very sick
- COVID-19 is one of these nasty viruses. People can get very ill, often for a long time and a lot of people have died
- The vaccine is the best thing we have to stop this from happening
- Once it was clear from the evidence that the vaccines could safely keep people from getting very ill, and from dying, then they started to be used
- All of us, including the researchers, are learning more about how the vaccines keep people from getting COVID-19 at all
- Research into treatments continues at the same time – one day we hopefully will have both treatments and vaccines

COVID-19 VACCINES SOME FACTS ABOUT THE VACCINE

- The vaccine is currently for people 16 and over – and there are trials underway for children under 16
- The vaccines have no COVID-19 in them, so you can't get COVID-19 from the vaccine
- The vaccines do not stop you from being able to make or have children
- The vaccines do not and cannot change your DNA
- The vaccines have no animal products in them
- The vaccines are kosher, halal and vegan
- If you've had COVID-19 already, you should still have the vaccine because it gives you stronger protection
- Even if you've had your vaccine, you still need to follow all the current national COVID-19 rules

Think carefully, and critically, about the information you look at and share from social media about the COVID-19 vaccine.

COVID-19 VACCINES THE VACCINE ROLL-OUT ORDER

1. Older residents in care homes and care home workers
2. All those 80 years and over and front-line health and social care workers
3. All those 75 years and over
4. Those 70 and over, and clinically extremely vulnerable people – including those with cancer and kidney disease
5. All aged 65 and over
6. All individuals aged 16 to 64 with underlying health conditions which put them at higher risk of serious disease and death (shielding list)
7. All those 60 years and over
8. All those 55 years and over
9. All those 50 years and over
10. The rest of the population in 10 year age groups

MORE QUESTIONS? WANT MORE INFORMATION?

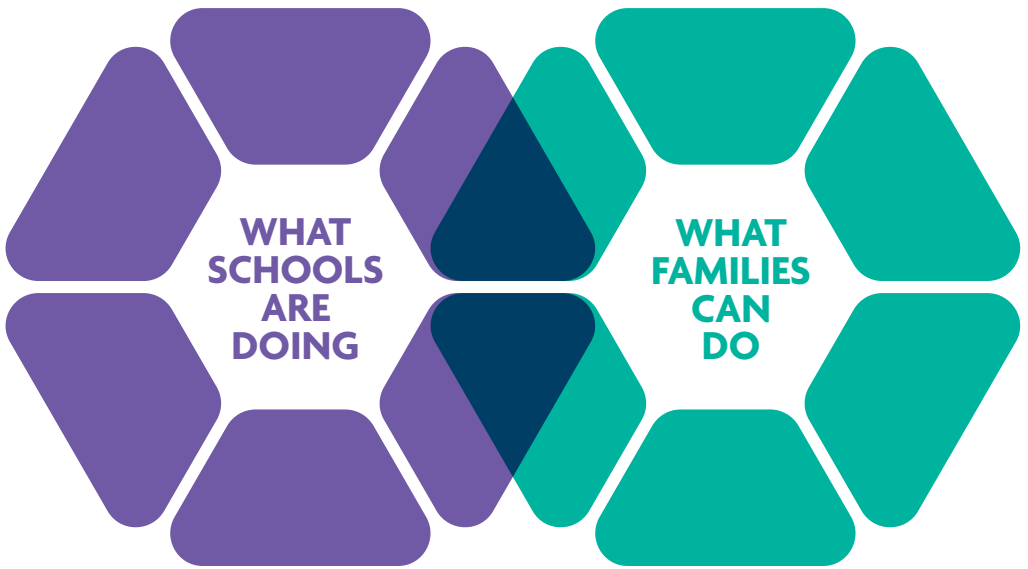
Find out more about how to stay safe at school, at home and when in public at www.newham.gov.uk/backtoschool

If you have COVID-19 questions, including what support is available if you, someone close to you or someone you live with has symptoms or tests positive, please contact the COVID-19 Helpline:
020 7473 9711 (1-7pm, 7 days a week)
or covidhelp@community-links.org

If you want to know more about the vaccine
www.newham.gov.uk/covidvaccine

For the latest up to date information about COVID-19 become a Young Health Champion. Email us at
Younghealthchampion@newham.gov.uk

Follow us at: [@Younghealthchampion](https://www.instagram.com/Younghealthchampion) on Instagram



MORE INFORMATION

The information in this booklet is accurate and up to date at the time of printing on 4 March 2021.

For the latest information about returning to school and COVID-19 visit www.newham.gov.uk/backtoschool and become a Newham COVID-19 Health Champion.

This booklet is available in different languages at www.newham.gov.uk/backtoschool.



Become a COVID-19 Health Champion
www.newham.gov.uk/CovidHealthChampions