



Diocese of Norwich  
Education and  
Academies Trust

# **Dereham Church of England Junior Academy**

**How you can help us  
all stay safe.**

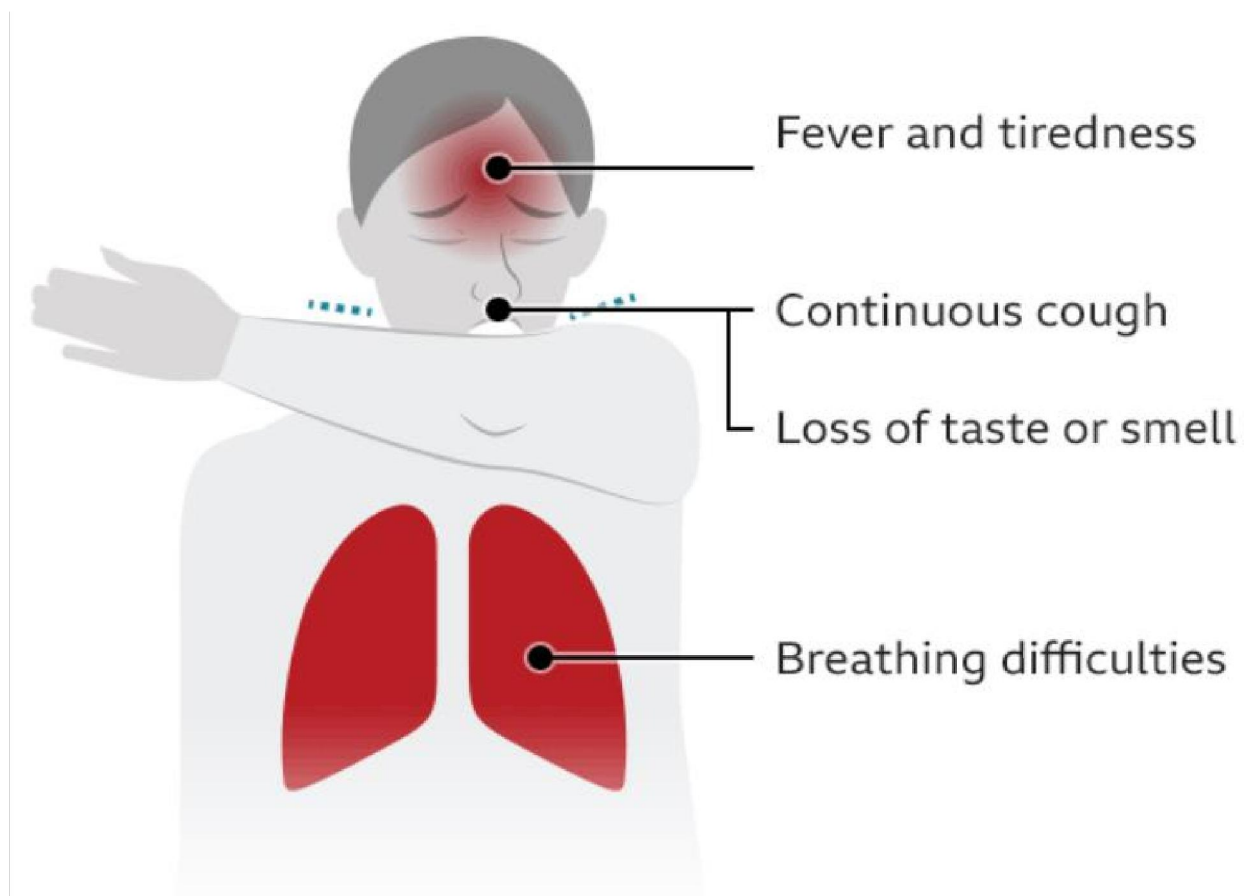
## **Pupil Guide**

Hello!

We are so pleased to have you in school. If your Mum or Dad are Key Workers, you are already helping by being here so they can go to work. If you are a returning Y6, it's great to see you before you leave us!

You will already see that school looks very different. It is this way because we want to keep you as safe as possible and all the things we have done will really help that. However, no matter what we do, you are the real key! It's your turn to be the heroes and become the experts!

## 1. Be Superb Symptom-Spotters:



*Don't worry though, your Mum or Dad wouldn't send you to school if you had any of these things. It's just good to be an expert!*

## 2. Be Corona Crusaders and Follow the Rules:



**Wash hands frequently** with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



If you don't have a tissue **use your sleeve**



**Throw away used tissues**  
(then wash hands)



**Avoid touching your eyes, nose and mouth with unwashed hands**

### 3. Be Hand-Washing Heroes:

**Wash your hands with soap and water more often for 20 seconds**



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Dry your hand with a paper towel and then use it to turn the tap off.

20 seconds is roughly the same time as singing 'Happy Birthday' through twice.

### 4. Be Social Distancing Superstars:



**Keep  
2 metres apart  
at all times**

**This is probably the hardest one to stick to!**

- 5. Be A Champion Chatterbox:  
Side to side**

Be Kind

**NOT**



Face  
face  
But  
of all

to  
most  
...

**AND**

**Be Happy**

**HAVE FUN!**