



Diocese of Norwich
Education and
Academies Trust

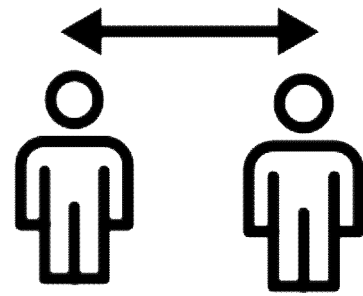
Dereham Church of England Junior Academy

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

Pupil Guide

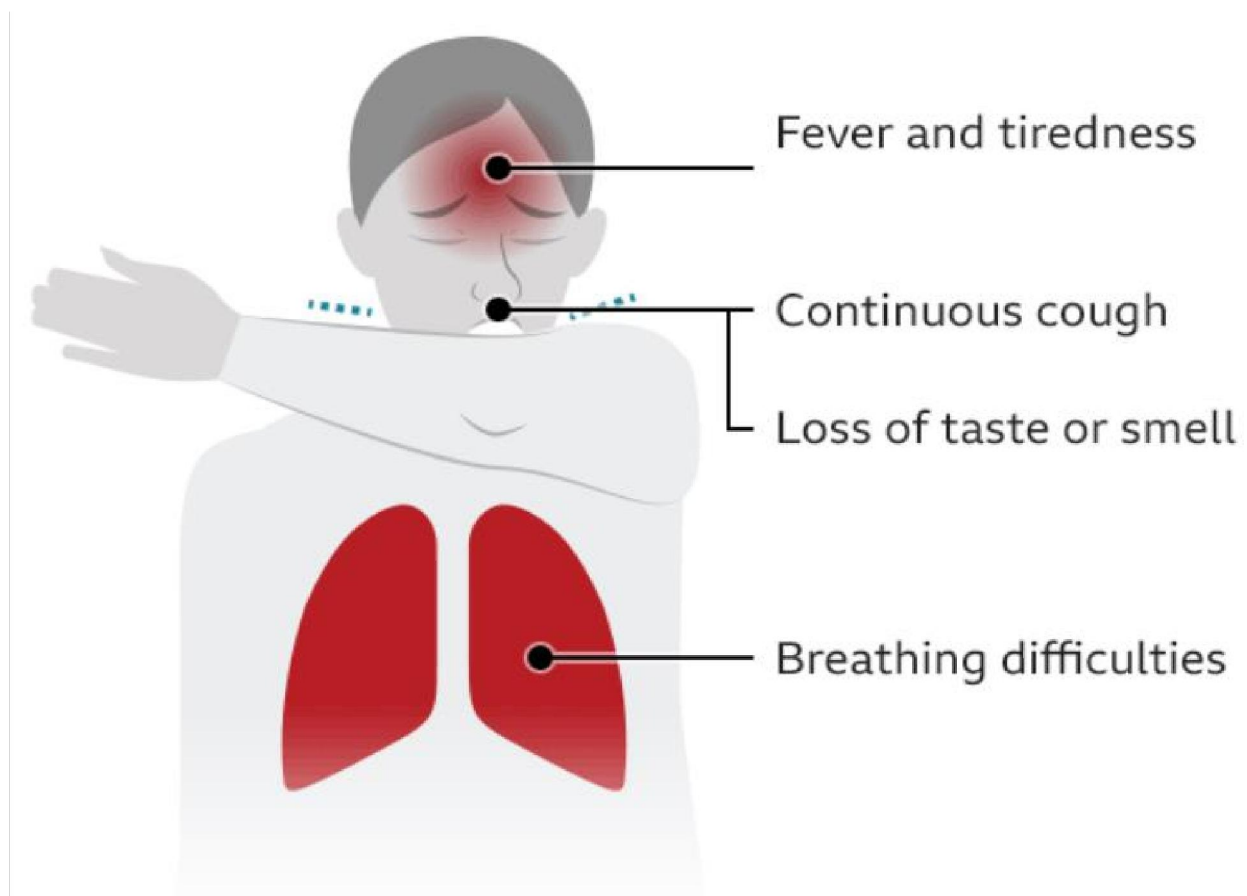
We are so pleased to have you all back in school.

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



really
It's

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 COVID-19 Crusaders and Follow the Rules:



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

Socially distance where possible



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

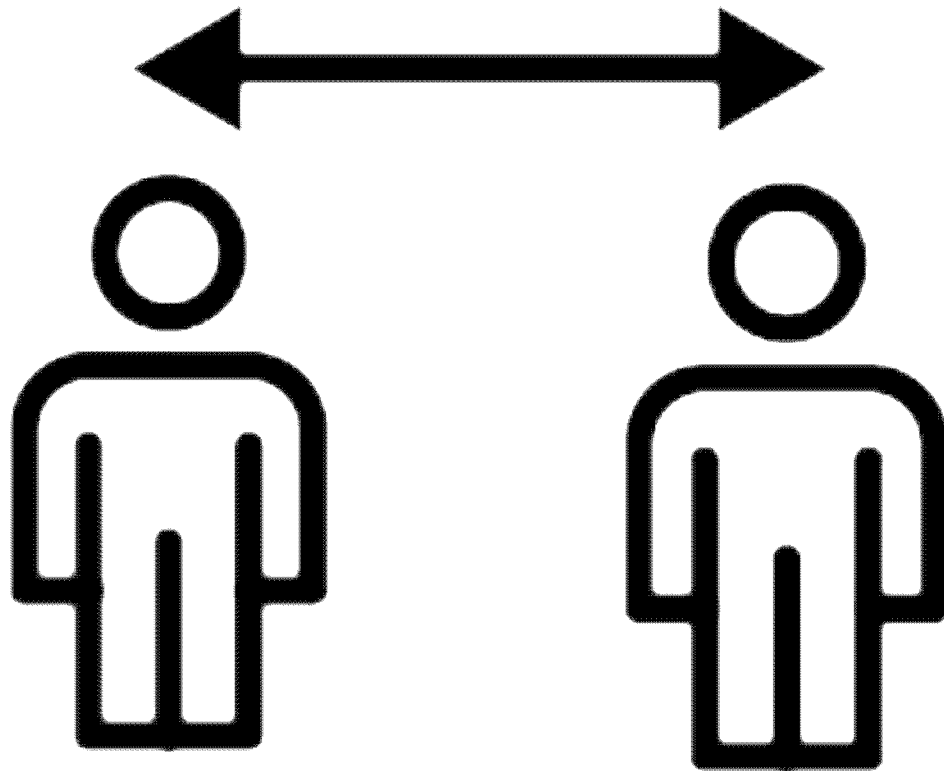


The tips of the fingers

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.

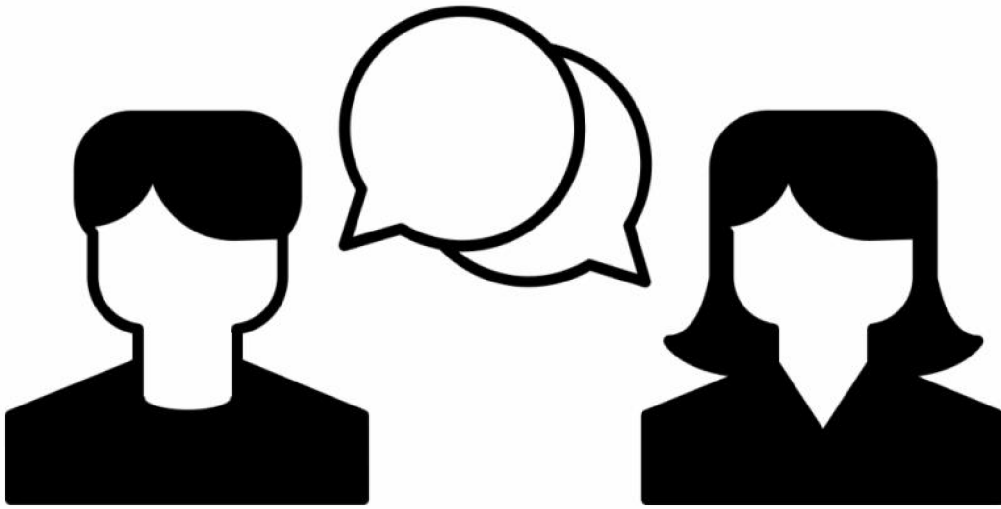
4. Be Social Distancing Superstars:



This the most difficult one to stick to and there will be times when you won't be able to do this. When this is the case, you need to make sure you are brilliant at doing all the other things in this booklet!

5. Be A Champion Chatterbox:

Side to side



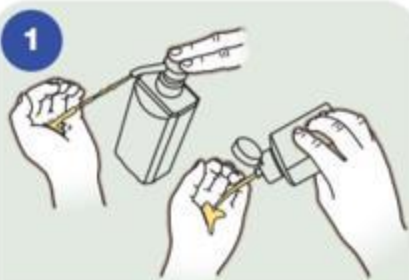
NOT



Face to
6. Be
out

face
Stand-

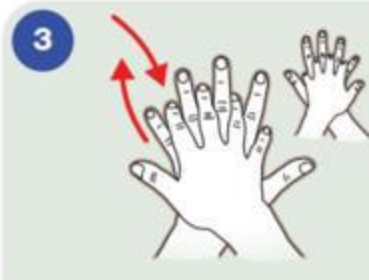
Sanitisers



1 Apply a palmful of the product in a cupped hand and cover all surfaces.



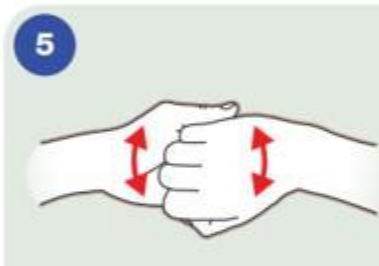
2 Rub hands palm to palm.



3 Right palm over the back of the other hand with interlaced fingers and vice versa.



4 Palm to palm with fingers interlaced.



5 Backs of fingers to opposing palms with fingers interlocked.



6 Rotational rubbing of left thumb clasped in right palm and vice versa.



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



8 Once dry, your hands are safe.

But most of all ...

Be Kind
AND

Be Happy

**Try Your
Best!**