



## **Torquay Girls' Grammar School**



### **Returning to School**

## **Health Information for Parents and Students**

Recommended to be read in conjunction with the HM Government leaflet:

“Returning to secondary school: what parents need to know”

## FOREWORD

Dear Reader,

The time we have all been waiting in anticipation for is now upon us – the first day of the new school year, and for some, the very first day at TGGs!

So first and foremost, a very warm welcome – whether this is your first year, final year, or any year in between at TGGs.

We know you are likely to have some worries about what the return will be like and probably have a few questions for us.

This little booklet has been designed with a focus on Covid-19, but also includes some information on other important topics, such as mental health and other sources of support for students in school.

After all, there is no health without mental health – and in the year of a pandemic, that statement rings truer than ever.

Government guidance changes quite regularly, so if you have any concerns about the information within this leaflet, please do not hesitate to contact the School Nurse, **Miss James** on **[kjames@tggsacademy.org](mailto:kjames@tggsacademy.org)**

You are also welcome and indeed encouraged to contact Miss James about more general health concerns or queries unrelated to Covid-19. Please do take a look at the introductory letter from the School Nurse, which will have been shared with you alongside this leaflet.

Finally, this situation is new to us all, but with teamwork, positivity, moral support from your friends and school staff, and above all, a good dose of kindness and compassion - towards ourselves as much as to others - we will make it through this challenge, together.

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Hyperlinks have been used in the digital version of this booklet.  
Links in full can be provided if you need these.

# COVID-19 Information

Information within this leaflet was correct at the time of writing (August 2020).

However, guidance regularly changes, so you are strongly advised to keep up to date with live developments on the Government's website: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

Relevant information, guidance and tips can also be found on the local Council website and on our school website:

<https://www.torbay.gov.uk/health-and-wellbeing/public-health/coronavirus/returning-to-school-safely/>

[www.tggsacademy.org/September](http://www.tggsacademy.org/September)

The following leaflet, which contains answers to some commonly asked questions, can also be obtained digitally from the School Nurse:



# Spot the Symptoms



You **MUST NOT** come into school if you have **ANY** of the 3 main potential coronavirus symptoms:



**NEW, CONTINUOUS  
COUGH\***



**FEVER  
(CHILLS CAN INDICATE A  
HIGH TEMPERATURE)**



**NEW LOSS OR  
CHANGE OF  
TASTE OR SMELL**

*\*COUGHING FOR MORE THAN AN HOUR OR 3 OR MORE COUGHING EPISODES IN 24 HOURS*

If you have any of the above symptoms, you and your household must self-isolate and arrange a coronavirus test.

If you feel well enough and are **NOT** self-isolating, you **MAY** come into school if you have any of the symptoms on the next page, which can range from mild to severe. They would not usually require a coronavirus test.

**In short**, our general advice is:

- **Symptoms requiring a coronavirus test – please stay away**
- **Symptoms not requiring a test – proceed with caution**
- **No symptoms AND not isolating – come on in!**

You **MUST** be extra vigilant with strict social distancing and excellent hand hygiene if you are in school with any of the following symptoms:



**SORE THROAT**



**RUNNY NOSE OR  
CONGESTION**



**HEADACHE**



**SHORTNESS OF BREATH**



**MUSCLE OR  
BODY ACHES**



**FATIGUE**

Of course, these may be symptoms of other general illnesses like the usual September bugs (sore throats, colds etc), but right now we all need to be particularly careful.

If you are worried or in **any** doubt about your symptoms, you should use the NHS 111 online symptom checker to seek advice **before** you come in to school.

<https://111.nhs.uk/covid-19>

**NHS** 111 online

# Stop the Spread

## DO THE FIVE

-  **1 HANDS**  
Wash them often
-  **2 ELBOW**  
Sneeze or cough into it
-  **3 FACE**  
Don't touch it!
-  **4 DISTANCE**  
Stay more than 1m apart
-  **5 FEEL**  
Unwell?  
Stay at home

**5 a day keeps you safe, protects the NHS and saves lives**

We must all play our part in preventing the spread. So, make sure you and your friends and family apply these five steps wherever you are – at school, at home or out and about.

Remember that some of us are able to take bigger steps than others – for example, not everybody can wear a face covering. But these 5 steps should be achievable for most.

Let's help each other and support each other to stop the spread of coronavirus and start the spread of kindness. Together, we will succeed.

**SMALL ACTIONS  
X LOTS OF PEOPLE  
= BIG CHANGE**

# 1. HAND HYGIENE

Good hand hygiene remains our best defence against coronavirus and many illnesses in general.



**You should clean your hands regularly – rubbing soap or gel into your hands for a minimum of 20 seconds.**

***Not sure whether to use soap or water or alcohol gel?***



## **USE SOAP AND WATER**

- As a first preference
- If hands are visibly soiled or “feel” dirty
- After using the toilet
- Before eating and drinking

**Note:** Specialist emollient soaps such as Dermol do not break down the lipid membrane of the virus like standard liquid soaps do. This means they are ineffective against coronavirus.

**You should wash with regular soap first (you may bring in your own if you have eczema/dermatitis etc), prior to using your Dermol as either a wash or a lotion, should you need this to protect or treat your hands.**



## USE ALCOHOL HAND GEL

- If soap and water is not immediately available
- If hands are visibly clean
- Before and after touching shared items/surfaces frequently touched by others
- Before entering and exiting buildings/rooms



**You should bring your own alcohol hand gel to supplement our new purpose-built handwash facilities and sanitising stations.**

**To reduce skin irritation, do not use alcohol gel immediately after washing hands with soap and water.**

**There is also no need if you have washed them properly!**



**Finally, a note on gloves...**

Gloves are not necessary for most people – in fact, they can lead to a false sense of security, which actually increases the risk of virus transmission.

You will transmit viral particles between surfaces if you are not regularly changing your gloves.

If you choose to wear gloves at any time – **think:**

If you would ordinarily gel or wash your bare hands at this point in whatever you are doing, then it is time to change your gloves.

***That's a lot of glove changes – and a lot of money spent on restocking those gloves!***

## 2. COUGHING AND SNEEZING

Coughs and sneezes spread diseases!

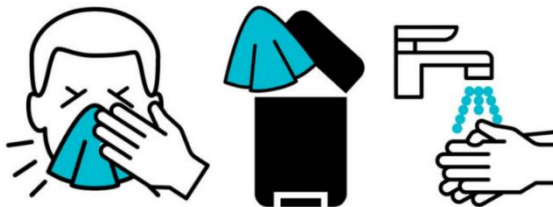


It's a good idea to always carry tissues with you.

If you are caught short, try to catch coughs and sneezes in a tissue or the crook of your elbow.

Dispose of tissues safely in the bin before cleaning your hands (ideally with soap and water) for at least 20 seconds.

Wipe down any surfaces in front of you if you were unable to catch your sneeze or cough.



**CATCH IT. BIN IT. KILL IT.**

**Remember to wash your hands for 20 seconds**

### 3. TOUCHING

Do not touch your face, especially your eyes, nose and mouth as these are prime transmission routes for the virus.



*(School nurse's tip: touching your face generally is also not helpful for your skin if you are acne prone!)*

If you accidentally touch your face, ensure you wash or gel your hands.

You should also frequently clean and disinfect shared items, frequently touched surfaces etc.

The school has an enhanced cleaning regime but to reduce the risk further, we are asking students to bring in their own resources such as paper and stationery and, importantly, personal hand sanitiser.

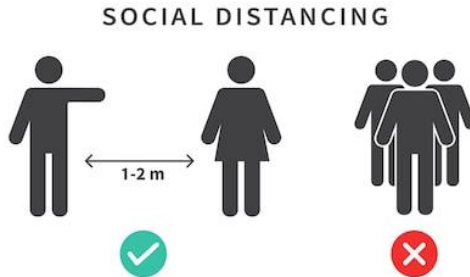


**You be will asked to sanitise your hands at the start and end of lessons.**

## 4. KEEP YOUR DISTANCE

Where possible, please keep at least 1 metre apart from other students and staff.

If you can keep 2 metres apart then even better!



Do not feel afraid to ask others to respect your personal space – but please remember to do so kindly.

We are all learning together and it is easy to forget or to get caught up in the excitement of seeing much missed friends and teachers – this can lead us to accidentally enter each other's space.

So, even if you notice other people are not keeping a safe distance with their friends, you should still make sure you do. Try to be a role model to others wherever possible!

Remember, social distancing protects not only ourselves, but anyone else we see, and whomever they then see, such as elderly relatives or vulnerable friends/family.

It is impossible to know whether you are carrying the virus when you are still well, so always err on the side of caution.



## 5. IF YOU ARE UNWELL

If you are unwell with the symptoms on **page 4** - however mild - you should not come into school.

You should also self-isolate with members of your household for 7 days.



If you become unwell during the school day, you should let your teacher know immediately.

They can then arrange for you to be seen by the School Nurse if appropriate.

Any suspected coronavirus symptoms will be reviewed by the School Nurse and the current, relevant public health protocols will be followed.

**We may advise you/your parents to organise a test for coronavirus. We will provide guidance on how to do this and NHS Test and Trace will be informed (see page 16).**

To help maintain safe social distancing zones, you may be asked to wait in an isolated area. Please try to avoid touching surfaces and do not leave this area until you are called in.

# Viral Vocabulary

Now that you have your 5 a day sorted – what about all the strange words you keep hearing?

There's a whole raft of various phrases and special language we use when we talk about coronavirus.

Some can sound similar (eg social distancing vs social isolation).

It can be easy to confuse them, so here are some of the main terms you might come across.

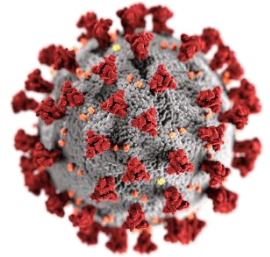
## COVID-19

The given name for the current coronavirus.

There are many different types (strains) of coronaviruses which have been around for a long time.

These are often the cause of the less harmful common cold.

Covid-19 relates to the strain behind the current pandemic.



## SOCIAL DISTANCING

This means keeping a safe distance from those around you.

This should be 2 metres where possible, or 1 metre with extra precautions if not

possible.

This is the general advice for **everyone** – from doctors and government officials to the general public and school students.



## SHIELDING

This was the specific advice for those deemed [extremely clinically vulnerable](#) (click the link for a list).

These people would have had a letter telling them to shield or would have been told to do so by a hospital or doctor.

The current guidance is that shielding is no longer necessary in areas which are **not in local lockdown**, as community transmission rates of Covid-19 have fallen significantly.

## LOCAL LOCKDOWN

Local authorities may place smaller areas into a local lockdown. The restrictions in place will differ to the rest of the country.

Advice relating to the specific area will be published through council websites.

Our school falls under **Torbay Council** (click [here](#) for the website).

At present, we are **not** locally locked down in Torbay.

The logo for Torbay Council, featuring the text "TORBAY COUNCIL" in blue with a yellow underline under "TORBAY".

## PERSONAL PROTECTIVE EQUIPMENT (PPE)



Specialist equipment (specific types of face masks/shields, gloves, gowns, headgear etc), designed to protect the wearer from specific risks/hazards, for example healthcare professionals in hospitals or engineers in industrial settings. Does **not** include face coverings worn by the general public (**see page 18**).

## SELF ISOLATION/QUARANTINE



You **must** self-isolate if you:

- Have returned from any country not on the “exempt” list – check the Government website [here](#) (**isolate for 14 days**)
- Are currently displaying symptoms or have tested positive for the virus (**isolate for at least 10 days**)
- Live with someone who is displaying symptoms or has tested positive for the virus (**isolate for 14 days**)
- Are in a support bubble with someone who has symptoms or has tested positive (**isolate for 14 days**)
- Have been told to do so by a healthcare professional or the NHS Test and Trace scheme (**isolate for 14 days**)





# Test and Trace

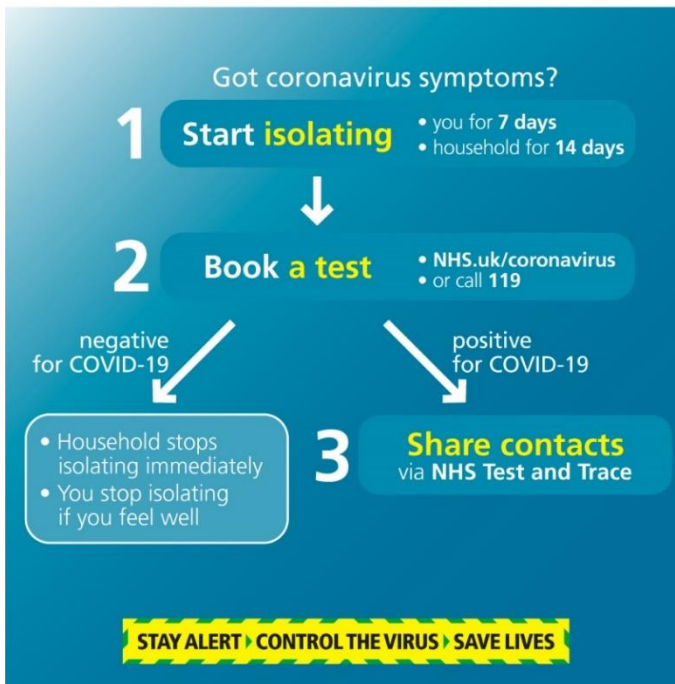
This is the contact service which allows the Government and NHS to try and reduce transmission rates, by alerting those who may have been in contact with a potential coronavirus case.

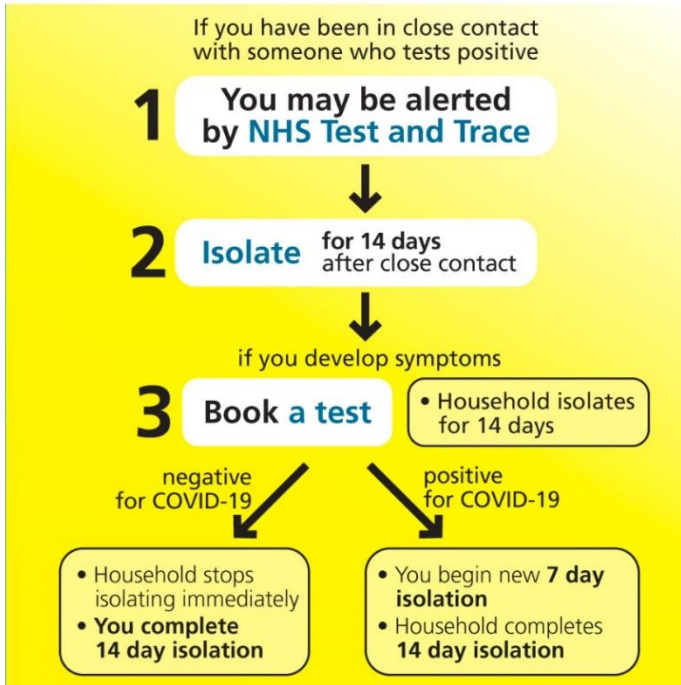
People who test positive for Covid-19 are asked to share information on who they have been in contact with recently.

Those contacts are then asked to self-isolate, in case they have picked up the virus.



HM Government





Test and Trace is the reason you (or your parents) will have had to provide your contact details when visiting a restaurant, for example.

If the restaurant is alerted that a customer has tested positive, they can check when that customer visited and provide NHS Test and Trace with the contact details of other customers who visited on the same day.

Those customers must all now self-isolate. This does not mean they definitely have the virus, but they are at higher risk of having or carrying it.

# Face Coverings



Face coverings which you wear when out and about are not strictly **p**ersonal **p**rotective **e**quipment (**see page 14**).

Unlike PPE, face coverings worn by the general public are not necessarily to protect the wearer. They instead protect others around them from the spread of infection, by covering the main transmission sources – the nose and mouth.



You can buy single-use face coverings, reusable (washable) ones or you can make your own!

Gather these items and [click here](#) for a guide to making your own (UK Government approved).



Two squares of fabric 25cm x 25cm



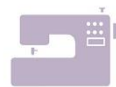
Two pieces of 20cm elastic



Scissors



Needle and thread



Sewing machine (optional)

A face covering is anything which covers your mouth and nose, such as a:

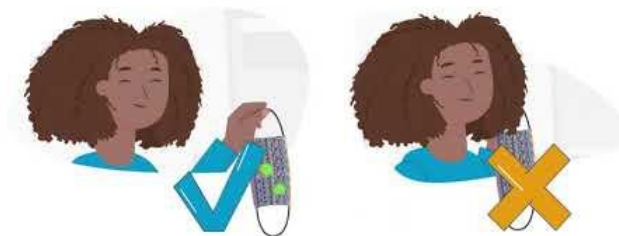
- Scarf
- Bandana
- Religious Garment
- Handmade Cloth Covering



Whatever you choose, make sure that it covers your mouth, nose and fits securely round the sides of your face.

You should familiarise yourself with how to correctly put on and take off your face covering.

Click the video below or [click here](#) for an easy to watch guide.



As you remove the mask, pull it away from your face.



## Face Coverings In School



You will have heard lots of changes in the news about face masks on public transport, in shops and even in Scottish schools. Face mask advice can be confusing and may differ between schools, so here's our current stance at TGGs.

Wearing of face coverings whilst within bubbles is **voluntary**. However, students **must** wear coverings on site when they are outside of their year group "bubbles", for example:

- On buses (including designated school buses) and trains
- When entering and exiting the school site
- To move to or return from a practical subject (science, PE, art, drama, music, food technology and textiles)
- To move to or return from the Medical Centre and Treatment Room. You may be asked to wear a mask during your time in the Medical Centre.

**Students who have a medical reason for not wearing a face covering should see the School Nurse for an exemption card.**



# Public Transport

Try to walk, cycle or come by private car to school if you can.



If you must use public transport, follow all Government guidelines and the advice provided by transport staff.

Keep your distance when waiting at stations/stops and when on the transport (seats should be marked off).

Face coverings are required on **all** public transport, including:

- Buses
- Trains
- Taxis



It's a good idea to gel your hands before/after entering public transport vehicles and to bring a spare, clean face mask to wear in school.

# Vaccinations

It is now more important than ever to keep on top of any vaccinations on offer to you.

Vaccinations protect not only the recipient, but also those around them who may have weakened immune systems and cannot receive live vaccinations themselves.

With winter approaching, seasonal flu places a higher strain on the NHS, which is already burdened by coronavirus.

**Year 7s will be offered the free winter flu vaccine via nasal spray in school later in September.**

Vaccinations **will not** cause the flu – they are live, attenuated forms of the virus, which means they have been weakened/altered so they cannot infect you. Your body will still learn which antibodies to make, to offer greater protection should you catch the actual flu.



**PROTECT YOUR FAMILY.**

VACCINATE YOUR CHILDREN AGAINST FLU

Half of eligible children still weren't vaccinated last year.

Look out for your letter from your GP or School.

The poster features a young girl in a school uniform blowing her nose into a tissue. Surrounding her are several green icons of different types of viruses and bacteria.

**It's Free, Safe & Painless**



# Mental Health



Over the past few months, we have all had to adjust to a “new normal”.

A world where we once hugged and kissed those we care about, but now we show them our love by keeping distant from them – sometimes even separating ourselves for weeks and months on end.

A world where “mind the gap” is not just a familiar announcement you hear at train stations.

A world where the latest fashion trends include the funky design on your face mask.

Adjusting to lockdown life and the subsequent easing of restrictions will have affected us all in many different ways. As a sociable species, humans are not wired to cope without seeing their friends and family for so long. The impact of Covid-19, not only on our physical health but also and especially on our mental health, can therefore not be underestimated.



## MIND YOUR MIND

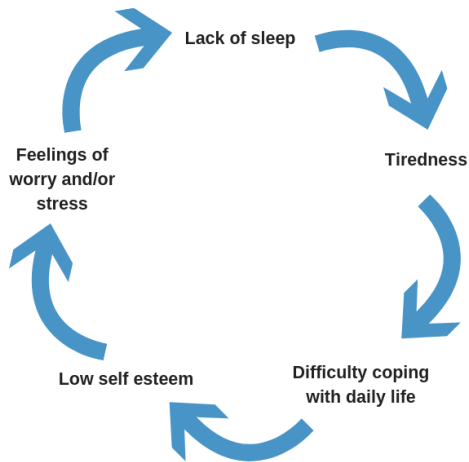
**1 in 4**  
people experience  
problems with sadness,  
stress, worry and anxiety.  
**You are not alone.**



The graphic shows a silhouette of a person filled with various mental health terms and phrases, including: LOW MOOD, WORRY, ANXIOUS, SELF CRITICAL, FEAR, WORRY, SWITCHED OFF, LONELINESS, CAN'T SLEEP, PHOBIA, DEPRESSION, UPSET, and NERVOUS.

Taking care of your mental health is crucial to ensuring you stay physically healthy.

With poor mental health often comes poor sleep and with poor sleep comes a vicious cycle of other problems.



***Does this seem familiar?***

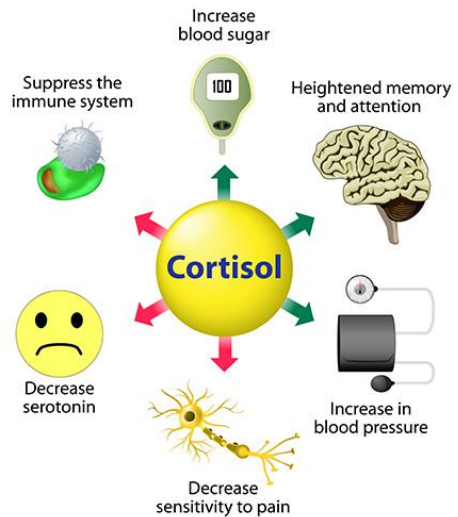
The problem is that this cycle can be difficult to break.

Over a prolonged period, this can have serious consequences on our physical wellbeing, not least because it increases the level of cortisol (the stress hormone). Some stress is good and is a biological survival mechanism.

However, it also puts our bodies into a long-term inflammatory state, which stresses and suppresses the immune system – something we are all relying on more than ever with the Covid-19 outbreak.

Excess cortisol can also lead to:

- Nerve problems
- Digestive issues
- Anxiety and depression
- Headaches
- High blood sugar
- High blood pressure
- Heart problems



Our immune system

needs good nutrition and hydration to function optimally.

Our bodies need good rest to repair and recover.

Our minds need all of it to drive us towards better, healthier habits and calmer, happier mindsets.

**Remember your 10 Habits – [click here!](#)**

## ALSO REMEMBER...



### **It's also okay to ask for help!**

If you think you are struggling, don't wait to reach out.

You can seek support from your Head of Year, the School Counsellors or the School Nurse.

Your Head of Year can refer you to the School Counsellor or the School Nurse.

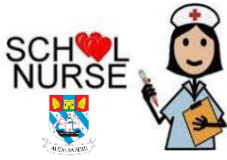
You can also self-refer to the School Nurse by [clicking here](#).

On the next page you will find a list of other organisations you might want to look at for emotional health support.

[Click here](#) for a useful tool in helping you to prepare to discuss your mental health with someone for the first time.

Click the images on the next page to take you to their websites for more information on their services and referral processes.

## MENTAL HEALTH SUPPORT SERVICES



**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

**YOUNGmINDS**



# Other Health Concerns

Should you have any other health concerns, whether or not they are related to Covid-19, please get in touch with the School Nurse.

See **page 26** for the student self-referral link or ask your Head of Year to refer you. Parents can also email the School Nurse on **kjames@tggacademy.org** should they wish to arrange an informal chat about their daughter's health or medications.

There may be a slight delay in being able to offer appointments in the first few weeks of term, to allow for prioritising of Covid-19 considerations.

To decrease waiting times for routine enquiries, you may be offered an initial appointment via video on Microsoft Teams (after school).

Finally, please also see the links below. These services are offered by the School Nurse, but the safe return to school is a priority at the moment, so students may wish to access external support in the meantime.

## Women's Health

<https://www.wellbeingofwomen.org.uk/your-health/>

**FREE** sanitary products are now available in school – please see your Head of Year or the School Nurse.

## Sexual Health

<https://www.torbayandsouthdevon.nhs.uk/services/sexual-health-service/>



### YEAR 7

ROOMS	TOILETS	COMMON ROOM	OUTSIDE SPACE	IT
E1, E2, E4, E5, E8	Haystacks	Burton Hall	Amphitheatre and behind Sports Hall	Laptops

### YEAR 8

ROOMS	TOILETS	COMMON ROOM	OUTSIDE SPACE	IT
G1, G2, G3, E3, Study Centre	Roberts	Study Centre	Tennis Courts & adjacent grass area	Study Centre

### YEAR 9

ROOMS	TOILETS	COMMON ROOM	OUTSIDE SPACE	IT
6, 7, 8, 9, IT2	Staff Toilets	Half Dining Hall	Half of Hall and covered seating area	IT2

### YEAR 10

ROOMS	TOILETS	COMMON ROOM	OUTSIDE SPACE	IT
1-5, IT3	Maths	Half Dining Hall	Enrichment House Garden	IT3

### YEAR 11

ROOMS	TOILETS	COMMON ROOM	OUTSIDE SPACE	IT
Reading Room, IT1, IT4, SR, SWR, Stage	Toilets	Old Hall	Triangle	IT1, IT4

### YEAR 12/13

ROOMS	TOILETS	COMMON ROOM	OUTSIDE SPACE	IT
6th Form Block, L1-5, H1-3	Sixth Form	Café	Behind Sixth Form next to Tennis Courts	Work Rm, 6th Form IT

 ALL YEARS

 STAFF AREA

 STAFF TOILETS