**Top Tips for Learners**

**Before going to school:**

* If you feel unwell, tell someone at home – are you hot, have a constant cough or lost your sense
* of smell and taste?
* Make sure you have breakfast
* Make sure you have packed everything you need for the day including your own hand sanitiser,
* mask and tissues if you want
* Remember to bring your own packed lunch if you are having one that day
* Check if you need your PE kit today
* Leave anything you don’t need at home (for example, toys, games and devices)
* Wash your hands before you leave the house (20 seconds)
* Avoid touching your face, eyes and mouth at all times

**When travelling on school or public transport:**

* + If you can, walk, cycle or scoot to school as a healthier option
  + Hand sanitise before going on to school or public transport
  + Wear a mask if you want to (remember to do this on public transport)
  + Don’t eat or drink on transport
  + Take your rubbish with you and place it in a bin on leaving transport
  + Avoid touching seats, handles and surfaces if you can
  + Keep 2 metres away from adults

**When arriving at school:**

* + Arrive as near to the start of the school day as you can – don’t be late!
  + Avoid gathering with others in groups
  + Follow instructions from adults
  + Wash your hands and hand sanitise
  + Avoid standing at busy areas – for example, at entrance doors
  + Be kind and respectful at all times and follow rules for everyone’s safety
  + Carry your personal belongings with you at all times – lockers and coat pegs will not be in use

**During the school day:**

* + Wash your hands regularly, dry them properly and hand sanitise
  + Move around the school and classroom only when you need to
  + Use toilets at break and lunch times where possible - moving around during class times will be limited
  + Put your coat on the back of your chair
  + Put your bag and packed lunch on the floor – do not place this on tables or surfaces/worktops
  + Stay in your own chair
  + Don’t share equipment
  + If you use tissues to sneeze/cough, put them in the bin and wash your hands
  + Avoid touching other people, handshakes and hugs
  + Smile and wave at other people to greet them
  + Follow instructions given by staff
  + If you feel unwell at any time, tell a teacher or an adult straight away

**At break and lunch times:**

* + Wash your hands and hand sanitise
  + If you feel unwell, tell someone straight away which may involve going to the School Office
  + You will be told when and where to go for lunch
  + Put all rubbish in bins provided
  + There may be different toilets for your class or year group – use the correct ones!
  + Adults on duty will help you when moving around the school – please follow their instructions to keep everyone safe
  + **Secondary Schools**: identified year groups may be allowed to leave school premises at lunchtime. Scottish Government guidance when off school premises must be adhered to – please be a good neighbour, be respectful, follow social distancing and wear a mask

**At the end of the school day:**

* + Follow instructions of school staff
  + Leave the building, taking all personal items with you
  + Use the correct exit route and exit door
  + Avoid gathering outside the school building or on the way home from school
  + Be kind and respectful to people and the area around the school

**When you return home:**

* + Wash your hands and hand sanitise
  + You may want to change out of your school uniform
  + Remember to do your homework or studying

**At all times:**

* + Please be kind and think of others
  + Please follow all rules, arrows and instructions
  + Try your best and be supportive of one another
  + Enjoy being back at school and your learning

We will do everything we can to make you feel safe in school and to support you with your learning.

**In the very unlikely event that you are unable to follow the above advice and expectations for keeping everyone safe, we will contact your parent/carer to collect you from school.**

