**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.**

