

## Advice during COVID-19:

# Back to school Advice for parents



Coronavirus  
**COVID-19**  
Public Health  
Advice

Everyone has been working very hard to ensure a safe reopening of schools for staff, students and their families.

Most students will be looking forward to going back to school and will feel happy and excited. Some may feel a little anxious about returning. That's a normal response at a time of change. Most will settle back in soon once they get used to the new rules and routines.

Remind them of the **positive aspects of returning**

– like re-connecting with friends and re-engaging with school activities.

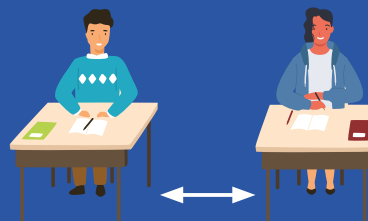


## New rules and routines to follow to keep everyone safe:



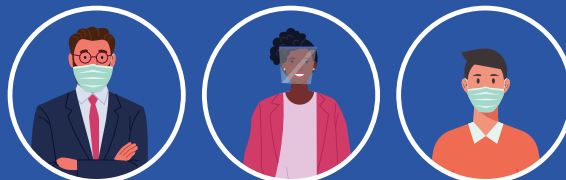
➤ **Good handwashing and hygiene practice** – important for all students. Make sure your child knows to use a tissue to cover coughs or sneezes or to cough or sneeze into their elbow.

➤ **In senior primary classes and at post-primary** – physical distancing procedures will need to be followed by all.



➤ **Primary school** – younger children may not be required to practice physical distancing, but they may be organised into pods. There may also be new rules about drop off and pick up.

➤ Staff in all schools, and post-primary students, should **wear a face covering** where a physical distance of 2 metres cannot be maintained.



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Education and Skills

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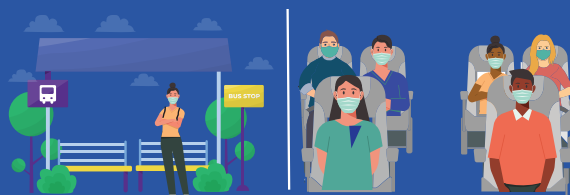
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### New rules and routines to follow to keep everyone safe:

- Encourage your child to **walk or cycle to school** if possible and safe to do so.



- **School transport** – students will have an assigned seat and post-primary students will be required to wear a face covering when waiting for and when on-board the bus.

- **Schools will communicate directly with families** about reopening. **Talk together** at home about what to expect when going back to school



- Having **healthy routines** in place will help with the adjustment of returning to school. Encourage your child to **gradually return to a school term bedtime routine**.

- **Help your child to eat healthily, take exercise and reconnect with friends.**



- Students who have Covid-19 symptoms, including a fever, a cough, shortness of breath or breathing difficulties, or loss or change to their sense of smell or taste should not attend school. **Please follow guidance on HSE.ie on self-isolation and phone your doctor.** Make sure students know that if they feel unwell in school they should tell their teacher straight away.

- **Teachers understand that it hasn't been easy for young people to study at home during school closures.**



**Remember, we all have a role to play in getting everyone back to school safely.**

For more see [gov.ie/backtoschool](https://gov.ie/backtoschool)