

Dear Families,



Corona Virus Update 2nd March 2020

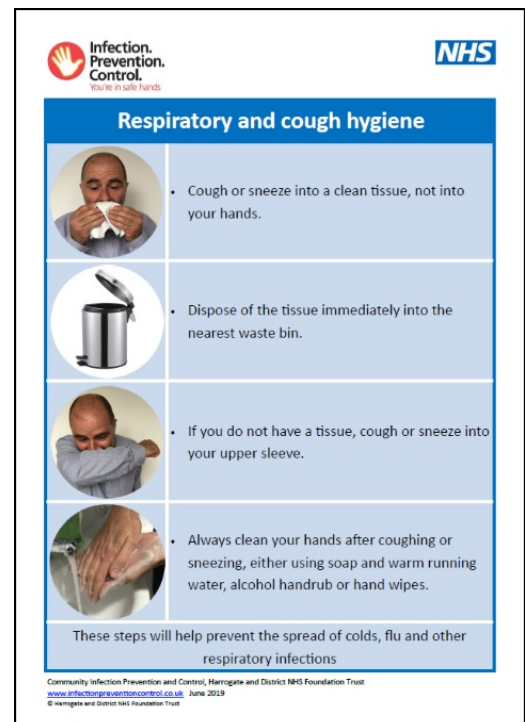
For your information these are the current arrangements we have in place at Chelwood all year round, to limit the spread of infection amongst the population of very young children we have attending Chelwood.

The detail of these arrangements are contained in the schools First Aid, Welfare and Medicines policy which is reviewed annually.

Infection control guidance for our everyday lives relies heavily on good personal hygiene, such as effective and frequent hand washing, using tissues to manage nose-blowing, sneezes, and coughs and the disposal of tissues in a bin.

These are all skills that our nursery age group, are being supported to learn at home and at school. Please help your child with these important skills.

At Chelwood you may have noticed that the classes have tissue bins in each class, with an NHS poster from NHS 'Catch it - Bin It - Kill it'



<https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2017/09/catch-bin-kill.pdf>

We also encourage children to 'catch' their cough or sneeze in the crook of the arm / elbow instead of using their hands which then transfer germs to everything they touch!

<https://www.infectionpreventioncontrol.co.uk/content/uploads/2019/06/Respiratory-and-cough-hygiene-poster.pdf>

We also support children in learning to wash their hands effectively when they use the toilet, before they eat and after a cough sneeze or nose blow. We also practice these skills in our play activities with water, soap & shaving foam.

Did you know that effective hand-washing to remove germs takes more than a quick rinse under a tap?

Effective hand washing takes **at least 20 seconds** - the time it takes to sing happy birthday – this is much longer than you would think!

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

You may have seen the hand washing posters in the bathrooms for adults and children and in the classes.



Hand-washing technique with soap and water



These are all very important in the management of new viruses and infections including the Corona virus.

However because our nursery age group are currently learning these skills, the effectiveness of this infection control is not as reliable as it might be for adults and older children.

Nursery age children have immature immune systems and higher vulnerability should they become infected children and have less well developed personal

hygiene skills. Children who have had vomiting or diarrhea are required to be absent from school for 48 hours exclusion from the last bout. Children over the age of 5 where personal hygiene is expected to be better are required to be absent from school for 24 hours.

Detailed information about how to manage many childhood illnesses is on our school website and was circulated to families at the start of the school year.

<http://www.chelwood.lewisham.sch.uk/useful-information/a-parents-guide-to-managing-sickness-absence-from-school/>

In relation to Corona Virus

Families who have travelled recently from affected areas and passed through major international transit hubs where the potential to contract infection is higher, have been required by the school not to return to nursery until 14 days after their return to the UK, and to self isolate. This affected 3 families.

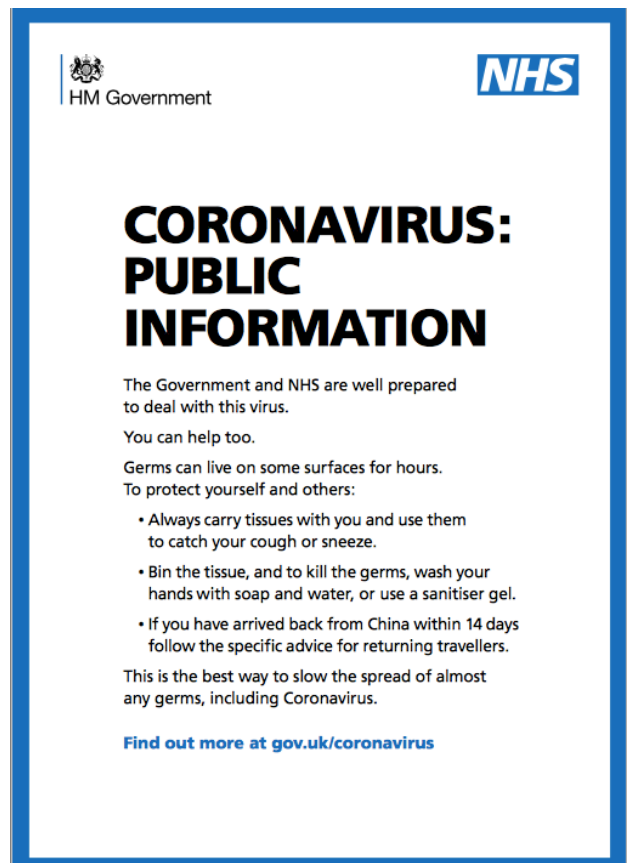
Please bear this in mind if you are planning to travel abroad in the next few weeks as the Corona Virus situation unfolds.

If you are planning to travel for a holiday in school time, please ensure that you write to the Headteacher advise that your child will be absent from school. As full attendance is expected by the DfE, Headteachers cannot authorise absence from school for family holidays in school time. However it is essential that you inform the school in writing of the dates of your child's planned absence and where you will be travelling.

To support the school during this Corona Virus outbreak, please also inform us if you are travelling abroad during the school holidays.

We have displayed posters at the school entrances about the precautions to take related to Corona Virus which you will see relies heavily on good personal hygiene strategies detailed above.

Yours Sincerely
Nikki Oldhams
Headteacher



The poster is titled "CORONAVIRUS: PUBLIC INFORMATION" and is framed in blue. It features the HM Government logo and the NHS logo at the top. The text provides reassurance that the government and NHS are prepared to deal with the virus and lists key actions for the public to take, such as carrying tissues, binning them, and following specific advice for returning travellers from China. A link to find out more is provided at the bottom.

HM Government **NHS**

CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

Germs can live on some surfaces for hours.
To protect yourself and others:

- Always carry tissues with you and use them to catch your cough or sneeze.
- Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel.
- If you have arrived back from China within 14 days follow the specific advice for returning travellers.

This is the best way to slow the spread of almost any germs, including Coronavirus.

[Find out more at gov.uk/coronavirus](http://gov.uk/coronavirus)

