



Returning to School Social Situation

- Over the past few months, I have not been at school. I have been staying at home because of coronavirus.
- During this time, I have been doing my schoolwork with my parents/ carers.
- All of my friends from school have also been staying at home.
- Schools have been shut to keep me and my friends safe from coronavirus.

- Doing my schoolwork at home has kept me safe but now it is time for me to go back to school, see some of my friends and do my schoolwork with teachers.
- To begin with, only certain classes will be going back. This is OK. School is now safe to return to.
- When I go back, some things will be different. This is to keep me safe. I might find the changes difficult at first but my teachers and mentor will be there to help me.
- Everyone finds change hard. This is OK.
- To continue to keep me safe I must wear a facemask or a face visor at all times.
- To keep other people safe I must take part in Coronavirus testing this will happen two times a week.
- I must keep washing my hands for at least 20 seconds.
- If I am going to sneeze or cough, I must do this into a tissue then put the tissue in the bin and wash my hands.
- I must try to remember that the changes are to keep me safe. My teachers and parents will be proud of me for trying to remember



Taking a COVID test

Social Situation

- You will take long cotton swab and put it at the back of your throat for 15 seconds moving it around a few times. Do not let the swab touch your teeth, tongue, cheeks or gums
- You can sing a song in your head for 15 seconds to pass the time (like singing “Happy Birthday” two times).
- This may feel uncomfortable. You may feel like you have to gag or retch and that’s okay.
- It is important to stay still and do the task properly.
- You will then take long cotton swab and put it up your nose for 15 seconds and move it around a few times.
- This may feel uncomfortable. You may feel like you have to cough or sneeze and that’s okay.
- It is important to stay still and do the task properly.
- If you get a positive COVID-19 test, you will have to stay home and rest while you get better.
- If you get a negative COVID-19 test, you should come into school and practice social/physical distancing to keep everyone safe.



Top Three Tips for Wearing a Mask

1. Adjust to wearing a mask by starting with fun things – science experiments, cooking or just as a game. Look at some fictional or computer game characters who wear masks. Find a design of mask that suits you and your personality. Look at pictures of people who you admire wearing masks: everyone does!
2. Try wearing a few different types of masks or face coverings before you have to wear one for real, and practise wearing one and "building up" your tolerance. There are different shapes and types of material and you might find some more comfortable than others. Cloth masks may be better than paper ones and have "edging" that is softer and may be more tolerable.³
3. Put your mask in your pocket/bag/purse at the start of the day, or place it somewhere obvious so you do not forget to take it with you. Make it a familiar and comfortable item rather than something awkward and different. Make sure you always have a spare mask