



# Children returning to school

Health Information for Parents  
and Carers



# Is it safe for my child to go to school?

It is understandable that people are worried about COVID-19. It is important to remember that for most people who do catch it, and especially children, the virus will cause a mild illness.

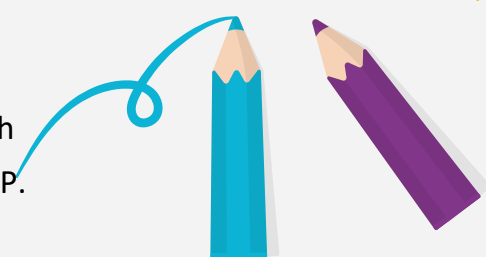
School is important to learn and develop emotional and social skills, but the health and safety of children, staff and their families is the top priority.

For nearly all children, the benefits of attending school far outweigh the very low risk from COVID-19.

To talk about your child's wellbeing or if you or your child have anxieties about returning to school you can text **Parentline** for confidential advice and support on **07520631130** ([www.evelinalondon.nhs.uk/parentline](http://www.evelinalondon.nhs.uk/parentline)).

Young people aged 11-19 can contact a school nurse via text for confidential advice and support or to make appointments on 07507332150 or contact [www.kooth.com](http://www.kooth.com)


If you are concerned about the health of your child, you can contact your GP.



# How will the school keep my child safe?

Schools are putting many safety measures in place. Some will vary school to school, but all will:

1. Encourage frequent hand washing, good hygiene and ensure regular cleaning
2. Ask all pupils and staff to stay at home if they are unwell
3. Have clear procedures if a child or staff member shows symptoms at school
4. Limit social contact by keeping to consistent groups of children and staff who learn and play together and keep distant from other groups.



*Keeping children within the same group is like keeping within family groups. It limits the amount of social mixing to reduce the spread of the virus.*

# What shall I do if someone gets symptoms?

If your child or anyone in your household has symptoms (**a high temperature or a new, continuous cough, or loss of/change to their sense of taste or smell**) please let your school know and keep your child and the rest of your household at home.

If a child or member of staff gets symptoms in school, they will be sent home with advice about what to do.

Anyone with symptoms needs to self-isolate along with all of their household and get tested as soon as possible. Find out how to get a test, and how long to isolate at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or by calling 119.



If the test is negative, and the person no longer has symptoms, the child and their household can leave self-isolation and return to school.

**If a child or member of staff tests positive, they and their household should follow self-isolation guidance. The health protection team will advise the school on who needs to self-isolate.**

The households of these other children or staff do not need to isolate, unless anyone also develops symptoms.

# What can I do to keep my child and community safe?

Stay at home if anyone has symptoms of COVID-19.

## Hygiene

Wash hands regularly for 20 seconds, with soap and water or hand sanitiser with 60% alcohol. This is very important before and after school, before and after eating and after using a tissue or the toilet.

## Social distancing outside the school

Only one parent or carer should take your child to school. Do not stay and chat at the school gates. The safest and healthiest way to travel to school is outdoors: on foot, by bike or scooter.

*Schools will do everything they can to keep children safe and happy and will give them extra support if needed.*



For further information go to:  
[www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak](https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak)