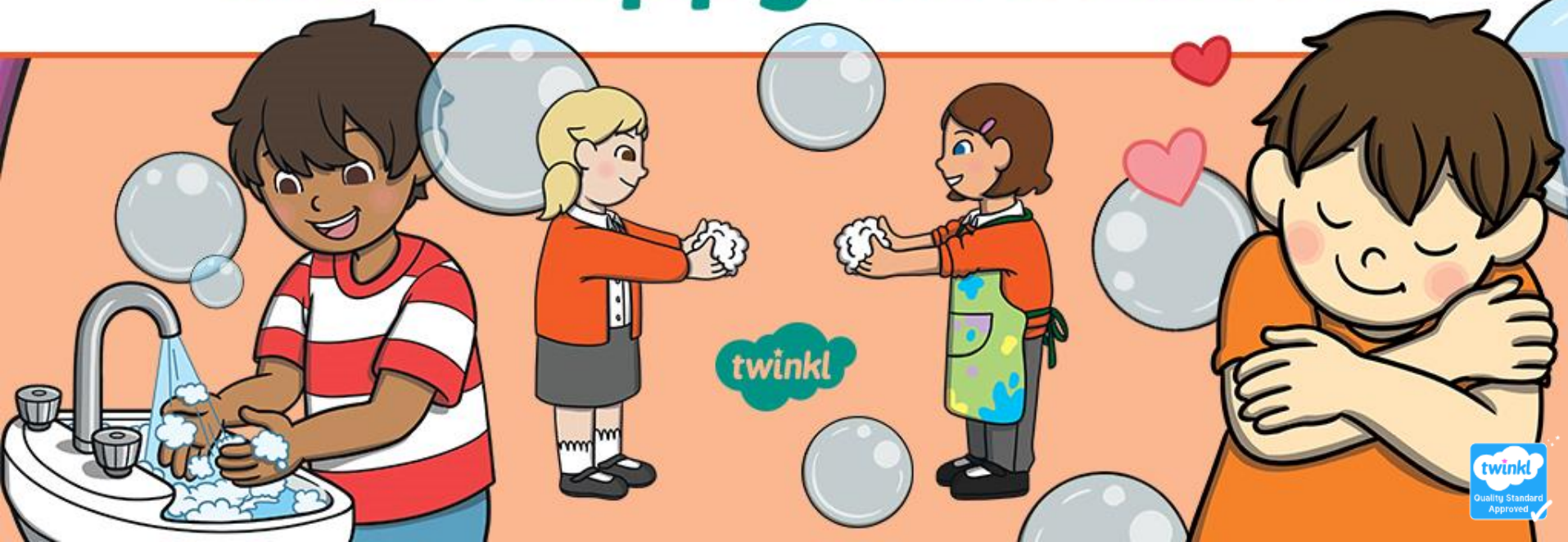


# How to Stay Safe and Happy in School



# It's good to be back

Schools all over the world have been closed to help keep us safe from coronavirus.

Since March children have been at home.

Now it is safe for children to return to school.

It will be good to be back together again.





# Things to practise at home:

In school you will need to:

Put your shoes and coat on by yourself

Wash your hands properly

Blow your own nose and wipe your face

Wipe your own bottom on the toilet

**It is very important that we all stay safe.**



# Starting school again

Everyone has been away from school for a long time. Some people might feel a bit worried about starting school again. That is normal and it is okay.

**Teachers will help you learn where to go and what to do**

If you are not sure, just ask.

**Remember:  
Teachers and staff care about you.**



# Washing Our Hands

Regularly washing our hands helps to keep us safe.  
We must wash them with soap for 20 seconds.  
This washes away germs and helps to stop us getting ill.

**We should wash our hands throughout the day:**

- before eating
- after we have been to the toilet
- after we cough or sneeze
- after we have been out to play.





# Washing Our Hands

Try singing this song while you wash your hands.

(Sing to the tune of 'Here We Go Round the Mulberry Bush'.)

This is the way we wash our hands,  
Wash our hands, wash our hands.  
This is the way we wash our hands,  
With lots of soap and water!

This is the way we use the sink,  
Use the sink, use the sink.  
This is the way we use the sink,  
Get lots of nice warm water.



# Fresh air and plenty of space

At school, we will be pleased to see our friends again, but it is important to remember to give each other enough space. We will open windows for fresh air and sometimes we might work outside.

We will be in class bubbles for playtime and lunchtime, so we can play with the same group of children every day.

We won't be having whole school assemblies anymore but will have small class assemblies instead.

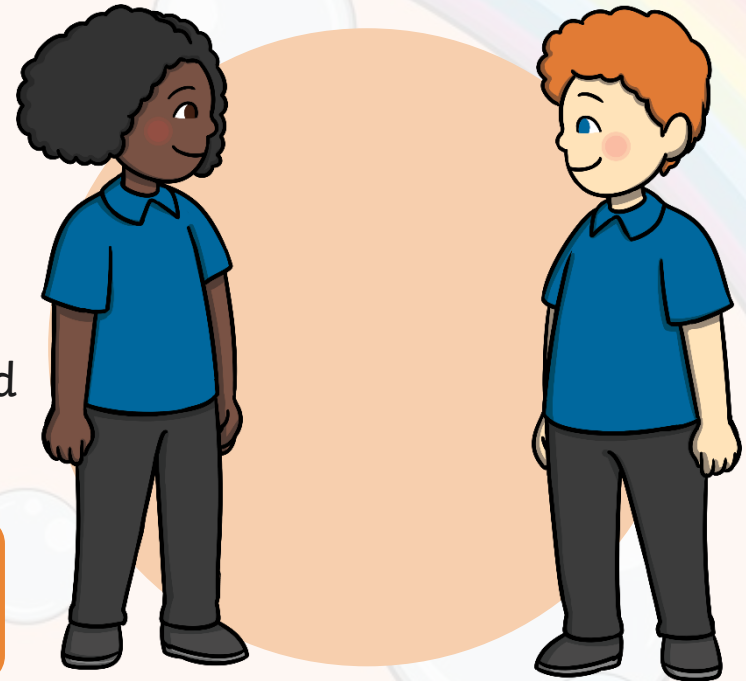


# Caring behaviour

If someone has hurt themselves or feels sad we can show we care but still keep safe.

## We can:

- Say hello and ask if they are okay
- Smile
- Ask if they would like to play
- Never hurt anyone, even as a game
- Tell a teacher what you have noticed



At Raynville we play safely and fairly.  
Everyone is important.



# When We Feel Sad

There are many reasons why we might be feeling upset and sometimes we don't really know why we feel sad. However, there are also lots of different ways to help make ourselves feel better. It is important to let someone know if you are feeling upset and talking about our worries can help make us feel better. You could talk to a grown up or a friend. You could also find a quiet space and take some deep breaths. Sometimes listening to music or doing an activity you enjoy, like drawing, can make you feel better too.

If you see someone who is upset, you can help them by smiling, asking them if they are okay, or talking to them.

Have you ever tried giving yourself a hug? Give it a go – it feels good!

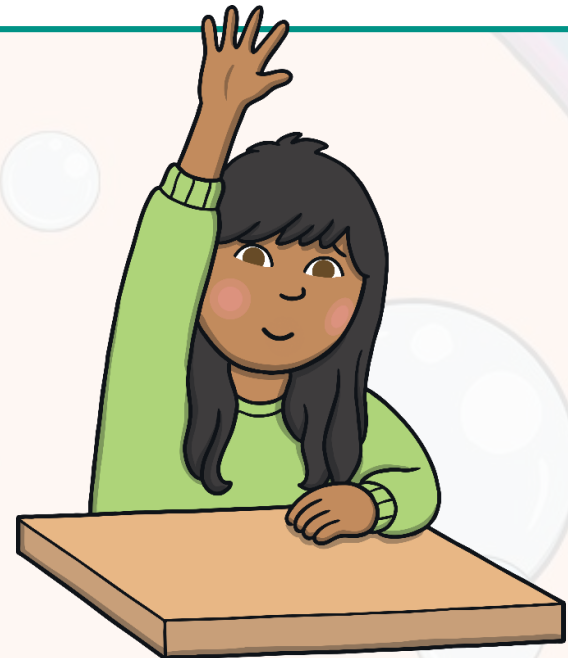


# Keeping Equipment Clean

We can stay safe by keeping our tables and equipment clean.  
We must clean what we use if we are asked to by our teacher.

We must not share any equipment with our friends.  
Washing our hands regularly helps keep our equipment clean.  
If we sneeze or cough into a tissue, we must put it in the bin.

If we need to ask for equipment or help,  
we must remember to stay in our seat  
and put our hand up.



# Stay Safe, Stay Happy

It will take a bit of getting used to, but by remembering the rules, we can stay safe and be happy at school.



Listen to your teachers

Wash your hands.

Give other people space around them.

Be kind and sensible.

**Stay Safe.**



