



Central  
Foundation  
Girls'  
School

# Good Morning CFGS!





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**A big thank you: you have adapted quickly back into Central life, and come back to school determined to learn and to make the most of your education.**

**We know that you want to keep yourselves and others safe and so you have also adjusted quickly to the safety measures that we must all follow.**





# **A message from Ms Holland:**

There have been a small number of students who have raised some questions about returning to school, and so this presentation will reassure you as well as explain some information that you need to know.



# **Everyone must attend school.**

Remember that you need to arrive by 8:30am so that you have enough time to wash your hands and get to your period 1 lesson as the lesson will start at 8:40am.

However, if you have COVID-19 symptoms then your parent can authorise you to be off school. The most common symptoms of are :

- new continuous cough and/or
- high temperature
- a loss of, or change in, normal sense of taste or smell (anosmia)

**For most people, coronavirus (COVID-19) will be a mild illness.**



If your parent is in doubt, they should phone your GP or 111 to get professional medical advice.

If it is decided that you should self-isolate, then you will complete your work at home.

If you do develop symptoms of Covid, you should remain at home for at least 10 days from the date when symptoms appeared.



All other household members who remain well must stay at home and not leave the house for 14 days.

The 14-day period starts from the day when the first person in the house became ill.



It is important to note that only 4% of people who develop what may be Covid-like symptoms, actually test positive. At this time of year, lots of people develop coughs and colds.

It is still rare for someone who has been asked to self-isolate to then go on to develop symptoms at all.





If someone in your class is absent then it doesn't mean they have Covid. They will be self-isolating as **precautionary measure** to ensure that everyone at school stays safe and well.

We should recognise that self-isolating is not easy and that they are doing this to protect others.



**When they come back, we know that they are healthy and so we need to welcome them back and support them to re-join in with school life.**

It is important that no-one is made to feel bad about self-isolating. They have done this to protect you and keep everyone in the school community safe.



# Have a think:

If you need to self-isolate at some point in order to protect others, how will you like to be received when you come back to school?



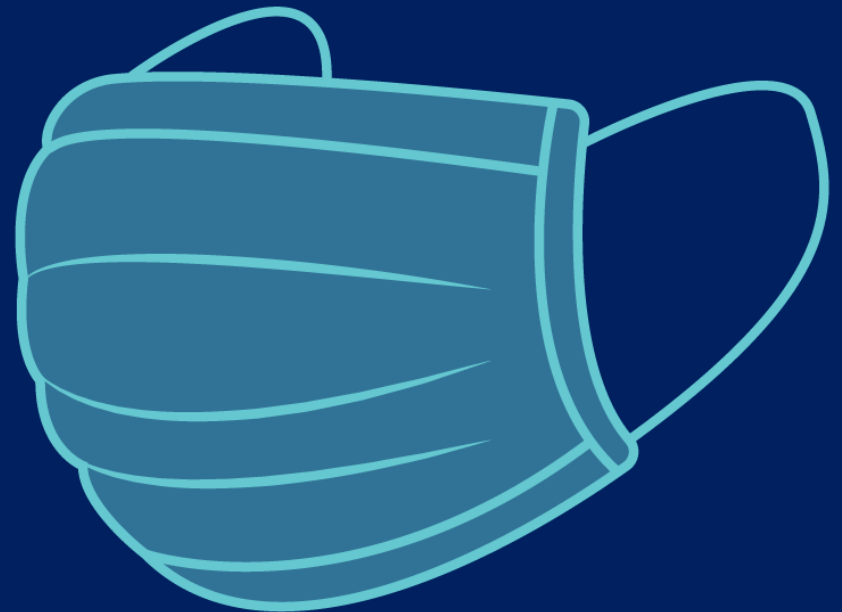


**As you know, CFGS is following guidelines from the DfE and our procedures are the same as other schools.**

**Please make sure that you follow our safety measures at all times:**

**Please wear masks in the  
corridors and the  
playground.**

**You can also wear a  
mask in lessons.**



Masks provide another barrier to the transmission of the virus, not only do they protect the wearer but they also protect those around us. As a school it is especially important that we protect those members of our community who have previously shielded or who live with clinically vulnerable people. **If we all chose to wear masks in busy places, we are playing our part in protecting everyone.**



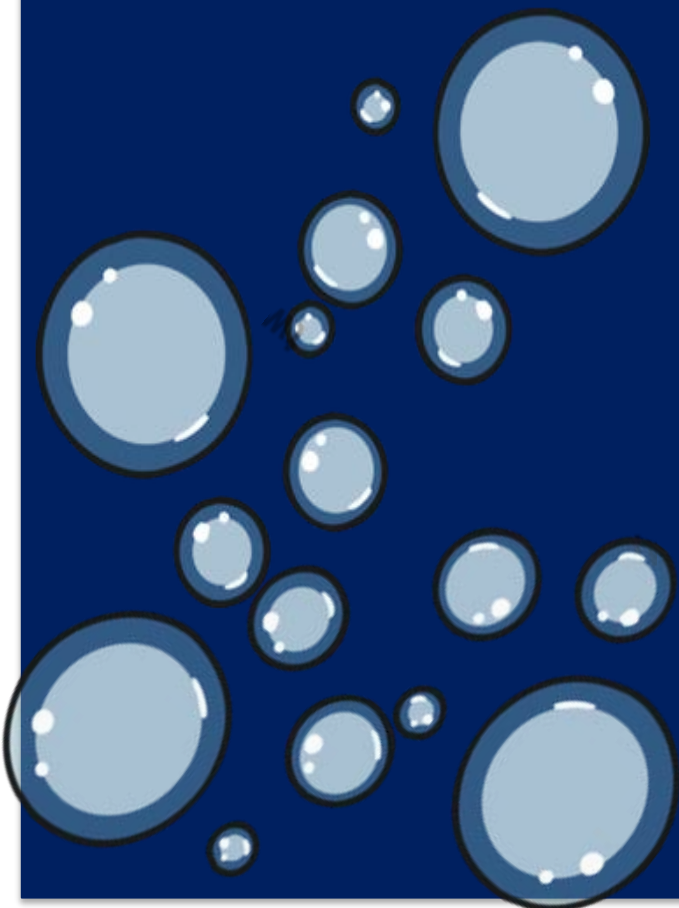
**Follow signs to move  
sensibly around the school,  
following the one-way  
system at all times.**

**ONE WAY**



**We have staggered break and lunchtimes so that you can**  
**Remain in your year group bubble:**

**Stay in the allocated area of the playground and follow break/lunch arrangements for your year group**



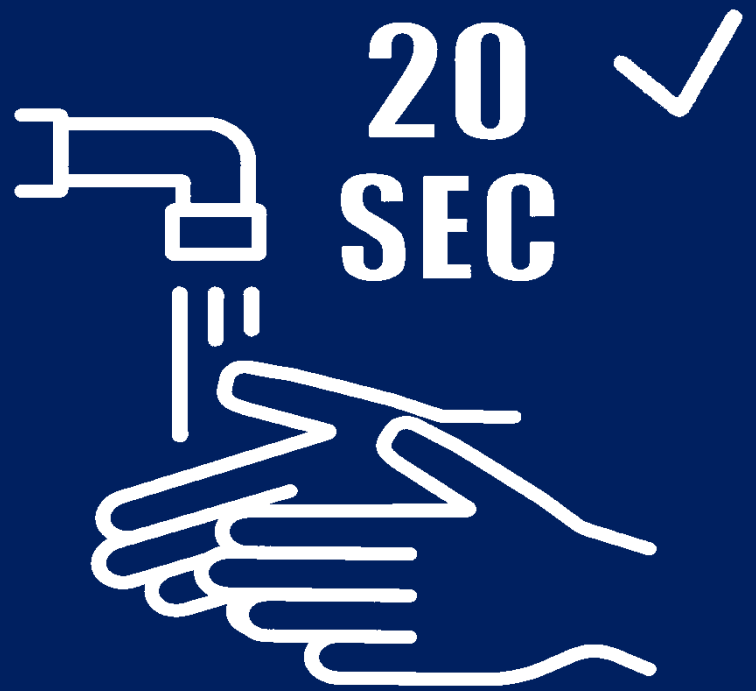


**Use your allocated  
entrance and exit point**

**ENTRANCE**

**EXIT**

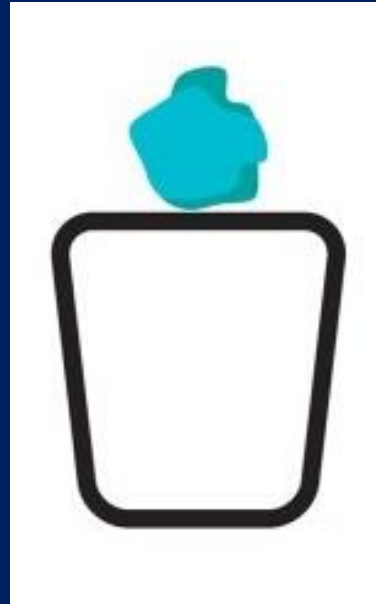
**On arrival to  
school, wash  
your hands at the  
toilets closest to  
your first lesson**



**Use the Hand  
Sanitiser stations  
whenever you  
change classrooms  
or enter a school  
building**



If you need to sneeze or cough then;



**Catch it.**

**Bin it.**

**Kill it.**

**Bring your own equipment  
and avoid sharing**



**We are asking the whole CFGS community to work together to keep everyone safe and well.**



**We all share a responsibility to keep others safe and so please take your personal responsibility seriously.**

**Thank you,  
Ms Holland.**

