



### Covid 19 Update to PSHE Policy

The following additions to our policy have been made in light of guidance published by the Government regarding Covid 19 and the wider opening of school.

(<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools-july-2nd-2020>). All of the following expectations have been put in place to ensure the safety of our whole school community.

#### Social distancing:

-Teachers to not use circle time, any discussions to take place at children's designated seats with children putting hands up to speak.

#### Infection control:

As part of the PSHE lesson discuss the infection control measures through social stories such as Dave the Dog.

-Extra emphasis on personal hygiene - teacher to use the jigsaw Covid recovery lessons for this.

-Teachers to emphasise the importance of avoiding touching the eyes, nose, or mouth - especially with unwashed hands,

- **You must not cough or spit towards any other person.**

-Do not share equipment- You will have your own set of resources to use.

-Do not share water bottles.

-If you sneeze or cough you must cover your mouth with your elbow or preferably use a tissue using the 'catch it, bin it, kill it approach'.

-Wash your hands using the sanitizer provided or with soap and water for 20 seconds when you have been asked to do so.

#### PSHE in school

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-Teachers to use PSHE lessons to offer reassurances to children who may be feelings anxious about Covid-19.

-Teachers to encourage questions from the children and to answer them honestly in an age appropriate way to allay fears and to ensure pupils are clear about separating facts and fiction about Covid-19.

Use PSHE lessons to support wellbeing including managing anxiety and staying calm.

This could include:

-Mindfulness breathing each morning and afternoon session.

-Signposting sources of support available within school. Extra learning resources and materials provided by Calm Central team.

-Emphasising finding ways to feel positive through activities that are enjoyable.

-Maintaining a healthy lifestyle through healthy eating habits, exercise and maintaining good sleep habits.