

Children & Young People's Health and Wellbeing Bulletin #5

19th November 2020



Covid-19 Guidelines below

COVID-19 CLOSE CONTACT

- What does this mean?

Protect your family and friends

If the school get in touch with you because your child has been in close contact with someone with COVID-19, your child will need to self-isolate for 14 days. This is because if they have the virus, it may take up to 14 days for it to develop into an illness.

Children have already experienced a long period of absence from schools. The Department of Education and Public Health are supporting schools to correctly identify close contacts to avoid large numbers of children being sent home to self-isolate where it is not necessary.

Close contact:



Your child has had face to face contact (within 1 metre), with someone who has tested positive for COVID-19, including being coughed on, face to face conversation or skin to skin physical contact.

or



Your child has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes.

Self-isolation means your child should not:



Go to school



Play with friends



Leave the house









North East Lincolnshire
Clinical Commissioning Group



Coronavirus (COVID-19) Absence

A quick guide for parents/carers

WHAT TO DO IF ...	ACTION NEEDED ...	BACK TO SCHOOL ...
 My child has COVID-19 symptoms	<ul style="list-style-type: none"> Child must not go to school Child must get a test Everyone who lives in the house must self-isolate until you get the test result Tell school immediately about the test result 	If child's test is negative and when they have been symptom free for 48 hours
 My child tests positive for COVID-19	<ul style="list-style-type: none"> Child must not go to school Child must self-isolate for at least 10 days from when symptoms started (or from the day of test if no symptoms) Tell school immediately about the test result Whole household must self-isolate for 14 days from start of symptoms (or from the day of test if no symptoms) – even if someone tests negative during those 14 days 	When the child has completed 10 days of isolation, even if they have a cough or loss of smell/taste. These symptoms can last for several weeks once the infection has gone
 My child is sent home because they are a close contact of a person who has tested positive	<ul style="list-style-type: none"> Child must not go to school Child must self-isolate for 14 days – even if they test negative during the 14 days Everyone else in the house does not need to isolate, unless the child starts to display symptoms, or they are a close contact of someone with a positive result 	When the school says it is ok for them to return, usually when the child has completed 14 days of self-isolation
 A person who I live with has COVID-19 symptoms	<ul style="list-style-type: none"> Child/children must not attend school The person with symptoms must get a test Everyone who lives in the house must self-isolate until they get their test result Tell school immediately about the test result 	If the person's test is negative and if the child does not have any symptoms
 A person who I live with has tested positive for COVID-19	<ul style="list-style-type: none"> Child must not go to school Everyone in the house must self-isolate for 14 days from start of symptoms (or from day of test if no symptoms) even if somebody tests negative during those 14 days 	When child has completed 14 days of isolation
 I am not sure who should get a test for COVID-19	<ul style="list-style-type: none"> Only people with symptoms should get a test (new continuous cough, high temperature, loss or change to sense of smell or taste) People without symptoms are not advised to get a test, even if they are a close contact of someone who has tested positive 	

Self-isolation is helping to stop the spread of the virus. It means you should not leave your house (unless going for a test) and you must not have visitors in your home.

COVID-19 PREVENTION

Protect your colleagues



Where a face covering
where appropriate



Maintain social distancing
where possible (2metres)



Clean hands thoroughly
and more often than usual



Keep rooms well ventilated



Catch it, bin it, kill it



Try not to car share



Clean frequently touched
surfaces more often
than usual



Do not share equipment
(cutlery, mobile phones, food)



Try not to touch your face

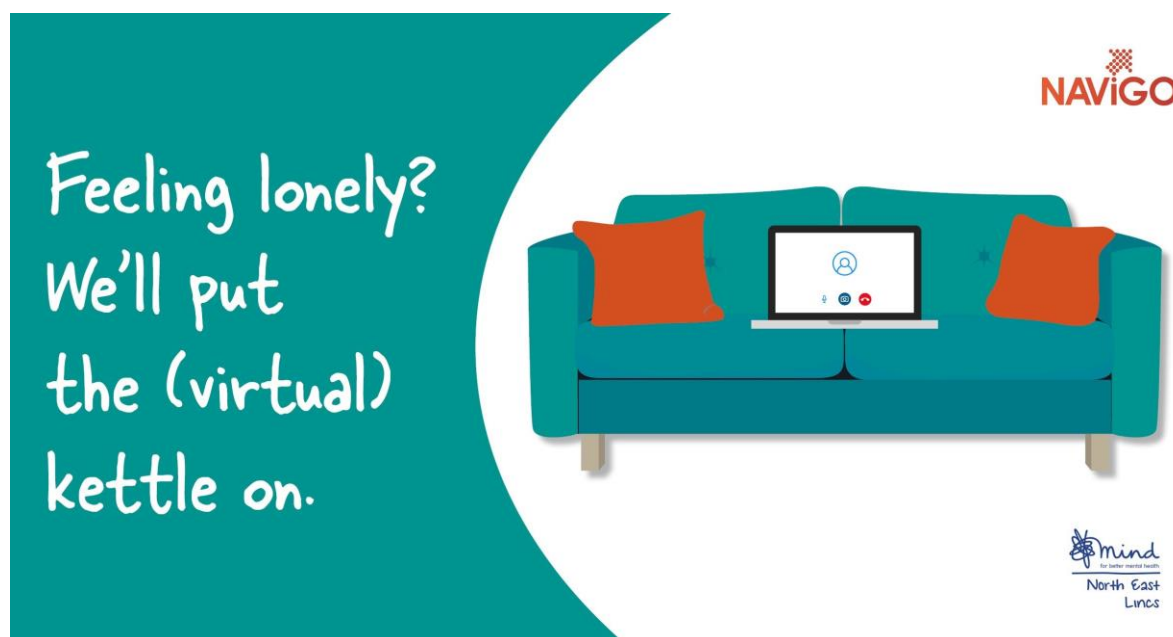


Be a role model to help
others adhere to the
guidance

**Do not come to work if you are experiencing symptoms
of COVID-19 – book a test as soon as possible**

By following these simple steps, you will help to reduce
transmission of the virus and protect the workplace

Safespace - is still operating. It's a partnership initiative between NAViGO and North East Lincolnshire Mind.



<https://navigocare.co.uk/what-we-do/services-z/safespace>

Relationships Education, Relationships and Sex Education **(RSE)** **and Health Education Local Training Offer**

The Healthy Places Team would like to support you to be ready for Statutory RSE and HE. As you are aware that Relationships Education is compulsory for all primary school-aged pupils, Relationships and Sex Education (RSE) is compulsory for all secondary school-aged pupils and Health Education is compulsory for all pupils in primary and secondary state-funded schools.

DfE had published a statement on GOV.UK to reassure schools that, whilst the above subjects became compulsory from 1 September 2020, schools have flexibility over how they discharge their duty within the first year of compulsory teaching. Schools who assess that they are prepared to deliver teaching and have met the requirements set out in the statutory guidance are encouraged to begin delivering teaching whenever is practicable to do so. However, schools that assess that they are unable to meet adequately the requirements because of the lost time, and competing priorities, should aim to start preparations to deliver the new curriculum and to commence teaching the new content by at least the start of the summer term 2021.

In line with the above we have created a package of training which is local intelligence-led through staff consultation and the current Adolescent Lifestyle Survey.

This training is designed for teachers, teaching assistants, HLTAs, community/school nurses, youth workers, police officers, and other professionals involved in the delivery of RSE and HE education in schools and other settings. We want the courses to give participants confidence in planning and

delivering RSE and HE sessions, but also, the confidence and skills in discussing and managing sensitive and/ or controversial issues.

The course cost is £30 per person. You will be invoiced after the session has taken place.

The sessions will be online, taking place on Microsoft Teams. Once your booking has been successfully completed, you will receive a link to join the meeting a few days before it is due to take place. Please make your bookings via Eventbrite, links included below.

The available sessions are:

- **Developing RSE and HE Education within your school**
- **How to teach Body Image within the classroom**
- **How to tackle difficult questions in primary**
- **How to tackle difficult questions in secondary**
- **How to tackle pornography within the classroom**

Developing RSE and HE Education within your school

Bookings at: <https://www.eventbrite.co.uk/e/developing-rse-and-he-education-within-your-school-tickets-127329320425>

Aims of the session:

- To update knowledge on the legislation and guidance around Relationships, Sex and Health Education and how it links to Ofsted – personal development judgement
- To explore how to develop a policy and how parents can be involved
- To gain an understanding of the whole school approach to RSE & HE
- To gain confidence and knowledge to develop an effective RSE & HE offer
- To explore what an inclusive and safe classroom practice looks and feels like
- To be able to use assessment processes effectively in RSE & HE
- To share best practice.

Available Dates	Time
Thursday 14 th January 2021	3:00pm - 5:00pm
Wednesday 3 rd March 2021	9:00am – 11:00am
Thursday 18 th March 2021	3:00pm - 5:00pm

How to teach Body Image within the classroom

Bookings at: <https://www.eventbrite.co.uk/e/how-to-teach-body-image-within-the-classroom-tickets-127335043543>

Aims of the session:

- To have an overview of the research and data around body image and links to mental health

- To gain an understanding of how bodies are represented in the media, including social media
- To gain an awareness of a range of resources to support in classroom delivery

Available Dates	Time
Monday 18 th January 2021	3:30pm - 4:45pm
Thursday 4 th March 2021	3:30pm - 4:45pm
Wednesday 17 th March 2021	3:30pm - 4:45pm

How to tackle difficult questions in primary

Bookings at: <https://www.eventbrite.co.uk/e/how-to-tackle-difficult-questions-in-primary-tickets-127336323371>

Aims of the session:

- To explore how to make an inclusive classroom where students can ask questions
- To gain ideas and tips on how to handle a RSE session

Available Dates	Time
Thursday 25 th February 2021	3:30pm - 4:30pm
Wednesday 17 th March 2021	9:00am - 10:00am

How to tackle difficult questions in secondary

Bookings at: <https://www.eventbrite.co.uk/e/how-to-tackle-difficult-questions-in-secondary-tickets-127340427647>

Aims of the session:

- To explore how to make an inclusive classroom where students can ask questions
- To gain ideas and tips on how to handle a RSE session

Available Dates	Time
Thursday 18 th March 2021	12:30pm - 1:30pm
Wednesday 24 th March 2021	3:30pm - 4:30pm

How to tackle pornography within the classroom

Bookings at: <https://www.eventbrite.co.uk/e/how-to-tackle-pornography-within-the-classroom-tickets-127344796715>

Aims of the session:

- To understand what the statutory guidance says about pornography
- To gain knowledge and confidence in delivering what young people need to learn
- To be able to provide an inclusion and safe classroom practice
- To gain ideas and tips on how to handle a RSE session

Available Dates	Time
-----------------	------

Thursday 25 th March 2021	3:30pm - 4:40pm
--------------------------------------	-----------------

For further information, call or email Laura Peggs (NELC) on 01472 325776 or laura.peggs@nelincs.gov.uk