

Welcome Back **Year 9!**

Have a **think** about the following:

- What do you know about the **current situation**?
- How has it **affected you/your family/your community and the world**?
- In what ways has **daily life been disrupted**?

As of 5pm on 27 June, of those tested positive for coronavirus in the UK, **43,550 have died**.

The COVID-19 virus **spreads** primarily through **droplets of saliva or discharge** from the nose when an infected person coughs or sneezes.

Most people infected with the COVID-19 virus will experience **mild to moderate** respiratory illness and recover without requiring special treatment. **Older people**, and those with **underlying medical problems** are more likely to develop **serious illness**.



Welcome back ! It's great to
see you again!

Today we will:

- Share some thoughts and feelings we have had over the past few months
- Explain our expectations for next year
- Ask any questions about school

Returning to school in September

Things that have changed (and always do!):

- New classes
- New teachers
- New subjects

A few more changes:

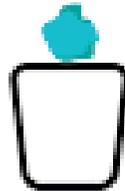
- You may be in 'class bubbles'
- Lunch time arrangements will be slightly different
- You will have maths lessons in the mobiles outside
- You will be asked to wipe down equipment (and cleaners will be cleaning more often!)
- You will be asked to wash and sanitise your hands more often

How to avoid spreading the infection:

- stay at least 2 metres (3 big steps) away from anyone you do not live with
- wash your hands with soap and water often
- use hand sanitiser if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or sleeve when you cough or sneeze
- put used tissues in the bin immediately and wash your hands



CATCH IT.



BIN IT.



KILL IT.



Classroom Rules and Expectations

- Listen to all instructions given by your teacher
- Follow instructions first time
- Be mature and use your initiative
- Be polite, kind and respectful to others in your class
- Act responsibly and show your leadership skills; do the right thing
- Show you are an important member of the year group community

Rewards:

Sanctions:

SSA 1

Outstanding

You **show initiative** and can **work independently**. You ask and answer questions that help others.

SSA 2

Good

You **follow instructions** first time. You complete the work set to a **good standard**

SSA 3

Passive

You **do not listen** to discussion. You do not complete enough of the work to make progress

SSA 4

Disruption

You **disrupt the learning of others**. You do not complete the work set

SSA 5 Serious

Disruption

You continually disrupt the learning of others. You behave in a **rude or argumentative** way with others

Healthy Body/Healthy mind

Impact on our bodies

- Hair might be a bit scruffy
- Weight gain/weight loss
- Changes to skin – more spots/loss of colour from being indoors
- Bags under your eyes from stress or lack of sleep

Impact on our mind

- Stressed out or feeling down
- Feeling emotional a lot – tears/anger
- Feelings of worry that won't go away
- Tiredness from lack of sleep
- Struggling to eat healthily (or eat at all)

If you are worried... ask for help!

Impact on our mind

- Stressed out or feeling down
- Feeling emotional a lot – tears/anger
- Feelings of worry that won't go away
- Tiredness from lack of sleep
- Struggling to eat healthily (or eat at all)

- ✓ Speak to someone at home
- ✓ Speak to your teachers

- ✓ Call/email/message:

childline

ONLINE, ON THE PHONE, ANYTIME

[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Stay active – Stay occupied - Stay healthy

Things to do before September:

- Google classroom or similar school work
- Learn new skills
- Create home exercise plans
- Communicate with friends – see if they are doing OK
- Learn how to cook healthy meals
- Stay motivated
- Come back in September ready to learn