



Welcome back Year 7

Today we will:

- Share some thoughts and feelings we have about the situation
- Catch up! Share what we have been doing over the past few months.
- Ask any questions about school

COVID-19

- What do you know about the current situation?
- How has it affected you/your family/the community and people all over the world?
- How has daily life been disrupted?

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**.

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

How to avoid spreading the infection:

- stay at least 2 metres (3 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

Returning to school in September

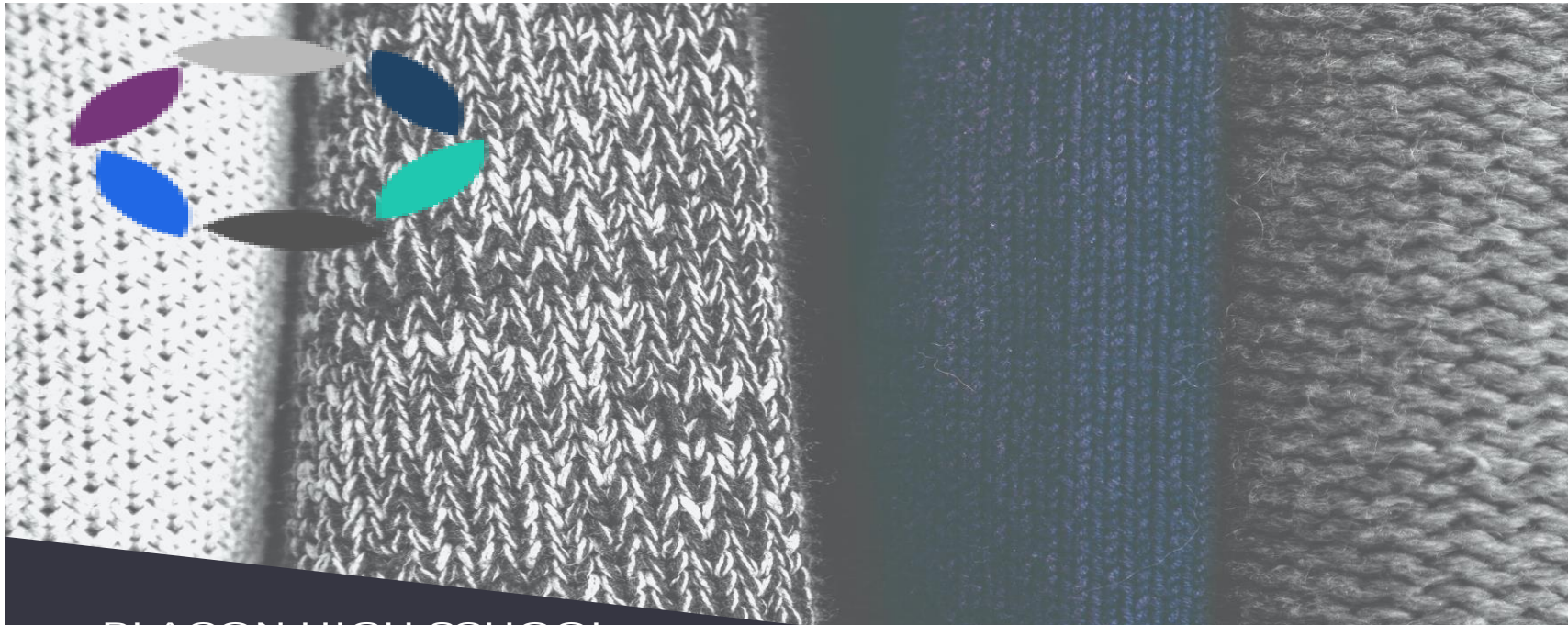
New challenges:

- Mock exams
- Changes in staff
- Year 7 (new students)
- Additional learning spaces
- Anxiety surrounding coronavirus and other pressures

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



BLACON HIGH SCHOOL

DONATE YOUR OLD UNIFORM TODAY!

Don't let school uniform that no longer fits end up in landfill! Drop it off at Blacon High School in a sealed bag so that it can be recycled and reused next September.

Thank you everyone!

