



COVID-19

**Information and  
Guidance for Parents,  
Carers and Students**

# KEY INFORMATION

## What is Covid-19?

Coronaviruses are a large group of viruses that can cause illnesses, as minor as the common cold. Recently, there was an outbreak of a new strain of Coronavirus. This outbreak had not been previously seen in humans and was first reported in Wuhan, China in December 2019:

'CO' stands for Corona

'VI' for virus

'D' for disease

19 represents the first year (2019) this strain was discovered in humans.

You can find out more about the background to Covid-19 here:

<https://www.england.nhs.uk/coronavirus/primary-care/about-covid-19/>

## How does Covid-19 spread from one person to another?

Covid-19 can be transmitted between people via respiratory droplets. These droplets tend to become airborne when we sneeze, cough or speak. The virus can also be transmitted when direct contact is made with an infected person or with objects used by an infected person. These inanimate, contaminated objects are called 'fomites'.

You can find out more about the transmission of Covid-19 here:

<https://www.who.int/news-room/commentaries/detail/modes-of-transmission-of-virus-causing-covid-19-implications-for-ipc-precaution->

## COVID-19 Know The Facts



### COVID-19 spreads primarily from person to person



- Droplets released when someone sick sneezes or coughs can land on the mouths or noses of people nearby
- Close contact with someone sick – like hugging or shaking hands

### COVID-19 mainly spreads from person to person But it can also be left on objects and surfaces...



So if you touch something contaminated and then touch your face or another's face, you might all fall ill.

# RETURNING TO BOA

## What can students expect when they return to BOA in March 2021?

Our priority remains the safety and well being of BOA students and staff. As students return to the academy, there will be a range of measures taken to reduce the risk of transmission of Covid-19, in line with government guidelines. It is, therefore, vital that students take note of all health and safety instructions given and follow them. Amongst other measures, students can expect:

- A one-way system to minimise over-crowding in corridors (where practicable)
- To remain in year group 'bubbles' (where practicable)
- Some adjustments to timetables and timings of the Academy day
- Perspex screens in certain areas of the building (such as reception)
- Hand-sanitiser stations around the building
- Option for three Lateral Flow Tests prior to receiving home test kits

Students will be expected to wear face coverings in communal areas (such as the atrium and corridors). In addition, students will need to wear face coverings in classrooms where it is not possible to maintain a 2m distance from their peers and staff.

You can find out more about the protective measures within educational settings here:  
<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak>

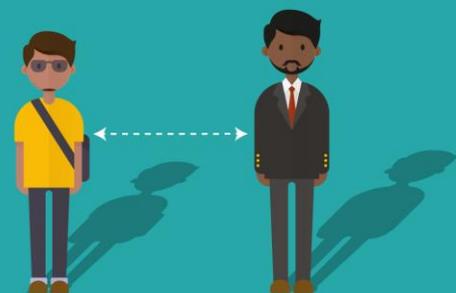
## STAY SAFE



**HANDS**



**FACE**



**SPACE**

# RETURNING TO BOA

## How should I travel to and from BOA?

If at all possible, members of the public should avoid using public transport. However, we understand that the majority of our students rely on public transport in order to get to and from the academy. In order for students to remain as safe as possible, it is important that they follow the current government guidelines when using public transport. These include:

- Wearing a face covering
- Using contactless payment
- Remaining '1 metre plus' apart whenever possible
- Avoiding contact with surfaces such as hand-rails
- Washing hands as soon as a journey is completed

Students should aim to maintain social distancing and remain in their year group 'bubbles' when walking to and from train stations/bus stops etc. Walking in large groups is potentially dangerous for students and the wider community.

You can find out more about guidance for using public transport here:

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

You can find out more about how to make a suitable face covering here:

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>



## 1. Is your journey necessary?

Before you travel you should consider whether your journey is necessary. You can reduce pressure on the public transport system and road network by:



Working from home



Shopping locally and less frequently



Walking and cycling

## 2. Plan your journey



Plan ahead and use a direct route



Can you travel off-peak?



Take a face covering and, if you can, hand sanitiser

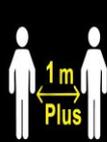


If you require assistance you should continue to request this as you normally would



Wash or sanitise your hands before beginning your journey

## 3. On your journey



Maintain 1 metre plus distance where possible



Wear a face covering



Use contactless payment where possible



Be patient and follow instructions from transport staff



Wash or sanitise your hands as frequently as possible

## 4. Completing your journey

When finishing your journey, you should:



Follow guidance at your destination



Walk and cycle from public transport to your destination, where possible



Wash or sanitise your hands as soon as possible

**STAY ALERT › CONTROL THE VIRUS › SAVE LIVES**

For further information visit [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

# PERSONAL RESPONSIBILITY

## What are the personal responsibilities of BOA students?

As students begin to return to their studies at BOA, it is important that everyone takes personal responsibility for helping to reduce the risk of transmission of the virus. Therefore, when at BOA, students should:

- Aim to maintain social-distancing with peers and staff (where practicable)
- Ensure that they wash their hands regularly for 20 seconds or use the numerous hand-sanitiser stations located throughout the building
- Ensure that they follow the newly implemented one-way system (where practicable)
- Ensure they bring their own equipment (e.g. stationery, digital devices etc.) and avoid sharing or loaning them to other students
- Arrive equipped with personal hand sanitiser and a filled water bottle. Water fountains will not be available
- Try to catch all coughs and sneezes in a tissue and then dispose of the tissue in a bin
- Wash or sanitise hands before and after eating
- Dispose of all food waste and packaging in designated bins after eating
- Wear newly washed clothing to minimise the risk of spreading the virus

## CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



## BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



## KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as possible.



## What should students do if they become ill?

The key symptoms of Covid-19 are:

- Fever and tiredness
- A new, continuous cough
- Breathing difficulties
- Loss of taste or smell

You can find out more information relating to Covid-19 symptoms here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Should a student display any of these symptoms whilst at home then they must **NOT** come to BOA. Instead, NHS guidance should be followed. You can find information here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

If a student displays any of these symptoms whilst at BOA, then they must inform a member of staff immediately.

# PERSONAL WELL BEING

## Is it normal to feel anxious about Covid-19?

It is completely normal to feel anxious or worried about the Covid-19 virus. For many of our students the 'lockdown' and subsequent easing of restrictions will have caused uncertainty and periods of isolation from friends and family; it is completely understandable if this has had an adverse impact on well being and mental health.

Students will have opportunities to discuss experiences, re-engage with peers and staff and share any concerns they may have. For students who require additional support, our pastoral team will be on-hand to provide this as necessary.

The Duke and Duchess of Cambridge launched a new Covid-19 mental health support platform in April. You can access 'Every Mind Matters' here: <https://www.nhs.uk/oneyou/every-mind-matters/>

## Myth Busting

Children and young people are immune from Covid-19  
– **FALSE**

*According to The Royal College of Paediatrics and Child Health (RCPCH), Covid-19 has been reported in people of all ages. However, the virus is more uncommon in children and young people. As of May 2020, under 2% of confirmed Covid-19 cases worldwide were amongst people under 20 years old. In addition, young people will often display much milder symptoms.*

Children and young people are unable to transmit the virus to other people - **FALSE**

*According to the RCPCH, the role young people play in transmitting the virus is difficult to establish. As a professor of cellular microbiology at Reading University said: "The fact is we know precious little about this, precious little."*

There is a link between 5G wireless network technology and Covid-19 – **FALSE**

*"5G mobile data is transmitted over radio waves. These radio waves are non-ionising, meaning they do not carry enough energy to directly damage a person's DNA inside cells." (www.gov.uk)*

## Useful Websites:

NHS Covid-19 Information Page:  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government Covid-19 Information Page:  
<https://www.gov.uk/coronavirus>

NSPCC Covid-19 Support Hub:  
<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents>

Birmingham City Council Covid-19 Information Page:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>