

# SCOIL MUIRE TRIM

Patrick Street, Trim, Co. Meath,



## Return to school

### Student Booklet March 2021

The information contained in this booklet is subject to change in accordance with HSE/DES advice. We will update you on any changes.

#### Feelings about Return to School

If you are feeling worried, nervous or anxious about returning to school or COVID-19 or anything related to it, the Guidance Counsellors Ms Mahon and Ms Whelan are available to help you. If you are feeling concerned about returning to school, talk to someone about it - your parents/guardians, family members or your friends - talking helps. Any worries are completely natural. The Guidance Counsellors will be available to provide support for you if you are experiencing any difficulties about catching up with your schoolwork or about your health or the health of others.

We expect that the Departments of Health/Education and will release helpful information before schools reopen that will contain vital information for you about returning to school and about staying safe. There will also be a national information campaign to support you and your parents/guardians and to keep you informed about COVID-19 and to prevent it spreading in school. It is important that you read this document carefully before coming back to school.

#### Students in the High Risk or Very High Risk Groups

The link below contains a list that shows what a high-risk or very high risk person is: <https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html>

If you are a person in the high-risk category, your parent/guardian or you if you are over 18 must contact your Year Head at [info@scoilmuiretrim.ie](mailto:info@scoilmuiretrim.ie) to let them know. Any student in the high risk or very high risk category cannot return to the school without discussing their condition with the Year Head or Principal first. This is to ensure your safety. If you believe you may be at risk you should discuss this with your GP in the first instance and ask their advice.

#### Keeping Safe

All official guidelines from the Government and the HSE must be followed. These guidelines could change and we will outline any changes if and when they occur.

Maintain physical distance and follow recommendations carefully. This means where possible, you should keep two metres apart from other students. In classrooms, you must observe a 1 metre physical distance from other students around you. However, you must keep a two metre distance between yourself and the teacher who is at the top of the room. It is essential that you do not touch or hug another student during the day. You must not share any equipment unless it has been sanitised and you must not share food with another student.

### **Physical Distancing Outside of School**

It is essential that you practice physical distancing while outside of school and on your way to and from school. **Any action outside of school which is not in keeping with HSE guidelines on Covid prevention has the potential to put everyone in our school community at risk** - examples include so called “house parties”, travel to particular countries etc - Once you come to school you also have a responsibility to ensure that you behave appropriately outside of school - we want to **KEEP COVID OUT OF SCOIL MHUIRE.**

### **Hygiene:**

**On entry and exit from Scoil Mhuire, you must carry out hand hygiene (washing or sanitising) at the sanitising stations located at the designated entry and exit point for your particular year group. This will be monitored by supervisors and we seek your cooperation on this issue.**

You must continually wash your hands throughout the day, especially before eating, or using the toilet facilities. All toilet areas have hot water, liquid soap dispensers, hand dryers and bins. Partitions have been placed between wash hand basins to maintain physical distancing. Additional handwashing areas are located in the atrium, outside room 10, outside the side exit in the Gym and outside the school close to the prefabs. You do not need to wear protective gloves for school. The use of disposable gloves in the school by students is not generally recommended. Routine use does not protect the wearer and may expose others to risk from contaminated gloves. Instead, it is far better to keep washing your hands and maintain all other sanitary hygiene.

Here is a reminder about how to correctly wash your hands:

<https://www2.hse.ie/wellbeing/how-to-wash-your-hands.html>

Students will be asked to sanitise their desk and chair at the beginning and end of each class period.

## **Hand Sanitisers**

There will be hand sanitising stations in every classroom and at various locations around the school, but we recommend that you have your own bottle of hand sanitiser and tissues. Sanitise/wash your hands regularly throughout the day. Please see attached map illustrating the location of the sanitising stations located around the school in addition to those in the classroom.

## **Respiratory Hygiene**

Make sure that you follow proper respiratory hygiene. This means covering your mouth and nose with a tissue or your bent elbow when you cough or sneeze. Then dispose of the used tissue immediately and safely into a nearby bin & wash/sanitise your hands. Please have tissues with you for use in case of a cough or sneeze. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

There will be additional cleaning staff on the school premises during the school day who will clean toilets regularly and sanitise frequently touched surfaces.

## **Face Masks**

You must wear a face mask in order to minimise the risk of spreading infection. Masks must be worn at all times unless advised to remove it by a staff member when 2 metres physical distancing can be maintained. We recommend that you have three reusable cloth face masks (plain coloured) for each school day. Please have a plastic bag to store the used masks.

Cloth face coverings are not suitable for anyone who:

- has trouble breathing
- is unable to remove it without help
- has special needs and who may feel upset or very uncomfortable wearing the face covering

Do not criticise or judge people who are not able to wear a face covering.

[Advice on how to properly use face coverings can be found here.](#)

## **Symptoms of COVID-19**

If you are experiencing any symptoms of COVID-19 you must not come into school.

They are:

- ✓ High temperature
- ✓ Cough
- ✓ Shortness of breath or breathing difficulties
- ✓ Loss of smell, of taste or distortion of taste

Infection with the virus that causes COVID-19 can cause illness, ranging from mild to severe, and, in some cases, can be fatal. It can take up to 14 days for symptoms to show. They can be similar to symptoms of [cold](#) and [flu](#).

Common symptoms of coronavirus include:

- a fever (high temperature - 38 degrees Celsius or above).
- a new cough - this can be any kind of cough, not just dry.
- shortness of breath or breathing difficulties.
- loss or change in your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

This link will show you all of the symptoms:

<https://www2.hse.ie/conditions/coronavirus/symptoms.html>.

Stay home and phone your doctor and follow the HSE guidelines on self-isolation, found below:

[HSE guidance on self-isolation](#)

If you experience any symptoms of COVID-19 while in school, you must let your teacher know immediately. The teacher will direct you to an isolation area where you can remain apart from others while waiting to go home. This will keep everyone safe.

If you experience symptoms of COVID-19 while at school, there is a plan already in place and we will follow the steps carefully. It is important that you know these steps as well so that you understand what is happening, so you must read this document before returning to school:

<https://www.gov.ie/en/publication/48037-dealing-with-a-suspected-case-of-covid-19-covid-19-response-plan-for-safe-reopening-of-schools/>

If you have been in contact with someone who has been confirmed with a COVID-19 diagnosis, you should not return to school for two weeks. Instead, follow the HSE guidelines below:

[HSE advice on restriction of movement](#)

### **Entry and Exit Points**

Students will be assigned specific entry and exit points from the school depending on the location of form rooms. You must sanitise/wash your hands prior to entering/exiting the school building/prefabs.

Year Group	Rooms
First Year	Directly to/from assigned Prefab
Second Year	Main Student Entrance
Third Year	Door beside Room 10 and up down/stairs
TY	Directly to/from assigned Prefab
5 <sup>th</sup> Year	5A, 5C Door beside Room 10 and up down/stairs 5B, 5D, 5E Main Student Entrance
LCA	Directly to/from assigned Prefab
6 <sup>th</sup> Year	Entry - Door beside Caretaker Room Exit – Door between Rooms 5 and 8

Please see the map showing the entry and exit points for each year group and the one-way system.

Staggered leave times at end of school day:

Year Group	Monday - Thursday
1 <sup>st</sup>	3.37pm
2 <sup>nd</sup>	3.40pm
3 <sup>rd</sup>	3.43pm
TY	3.46pm
5 <sup>th</sup>	3.49pm
6 <sup>th</sup>	3.51pm

Year Group	Friday
1 <sup>st</sup>	12.57pm
2 <sup>nd</sup>	1.00pm
3 <sup>rd</sup>	1.03pm
TY	1.06pm
5 <sup>th</sup>	1.09pm
6 <sup>th</sup>	1.11pm

We ask that students leave the school grounds promptly with no loitering at the school wall. Students waiting for buses may do so in the school grounds practicing physical distancing.

## **Equipment**

You can no longer share any books with another student. All students should have their own equipment such as pens, pencils, calculators, erasers, etc.

You must ensure that all equipment and items of uniform are labelled clearly with your name.

### *Shared Equipment*

Art – Where possible students should have their own individual art and equipment supplies. If equipment has to be shared, it must be sanitised following use by the individual student.

Electronics – Shared electronic devices such as devices, keyboards should be sanitised after use by each individual.

Musical Equipment/Instruments – To the greatest extent possible, instruments should not be shared between students and if sharing is required, the instruments should be sanitised after use by each individual.

Science/Home Economics – Shared equipment must be sanitised after use by each individual.

Shared Sports Equipment – Equipment sharing will be minimised. However, if equipment is shared, it must be sanitised after use by each individual.

## **Facilities**

- **Lockers:** Lockers have been removed from the school. Many teachers will not require you to bring in text books for every lesson so you will be able to leave them at home. You should focus on just bringing in your copies/hardbacks to take notes. Subject Teachers will direct you as to what books, copies you will need to bring into school.
- **Water Fountains:** You will need to bring sufficient water and other drinks to school with you. The water fountains have been removed and replaced with hand washing facilities. You will not be able to refill your bottles during the day.
- **Vending machines:** Vending machines have been removed from the school.
- **Canteen:** The catering company will operate a pre-order – prepay ordering system. Students no longer have to go to the canteen. Please see the school website at [www.scoilmuiretrim.ie](http://www.scoilmuiretrim.ie) for further details.

## **Uniform**

Full school uniform must be worn at all times. You must wear your full P.E. uniform on the days that you are timetabled for P.E. class(s). There are no changing facilities for P.E. class.

## **Movement around the building**

There will be COVID-19 signage around the school building reminding you of what to do to ensure you stay healthy. Please look carefully at these and make sure that you follow them.

**One-way systems will operate in particular areas of the school.** You will be advised of these by signage and instruction on your return to school. You will not have the same level of movement around the building as you are used to. Please see map attached showing the one-way systems.

## **Arrangements for Break Times and Lunch Times.**

You must eat your lunch in an assigned room located in the designated area for the year group. **You cannot move around rooms at lunchtime as that will increase the risk of spreading the virus in our school.** You can use the toilet in your designated area at break times but must not delay on the corridors. Please return to your assigned room as quickly as possible. You must not share any food with someone in your class. This is to minimise the risk of spreading COVID-19 among students. If you forget your lunch please let the Year Head know and lunch will be arranged.

**6<sup>th</sup> Year students cannot leave the school campus at lunchtime.** This ensures that the school community remains a closed community.

**The following guidance was received from the Department of Education on March 8<sup>th</sup> 2021:**  
Schools are reminded of the following important infection control measures:

**Avoiding unnecessary travel and minimising opportunities for students to congregate.** In the interests of minimising the spread of COVID-19, schools must make every effort to avoid organising events that could lead to the congregation of students and any unnecessary travel.

**Schools are reminded that they should not organise trips or visits** for groups of students that require travel outside the school premises other than where normal instruction takes place on two or more sites (such as schools operating on split campuses). **There is no curricular or examination requirement that necessitates the organisation of such visits.**

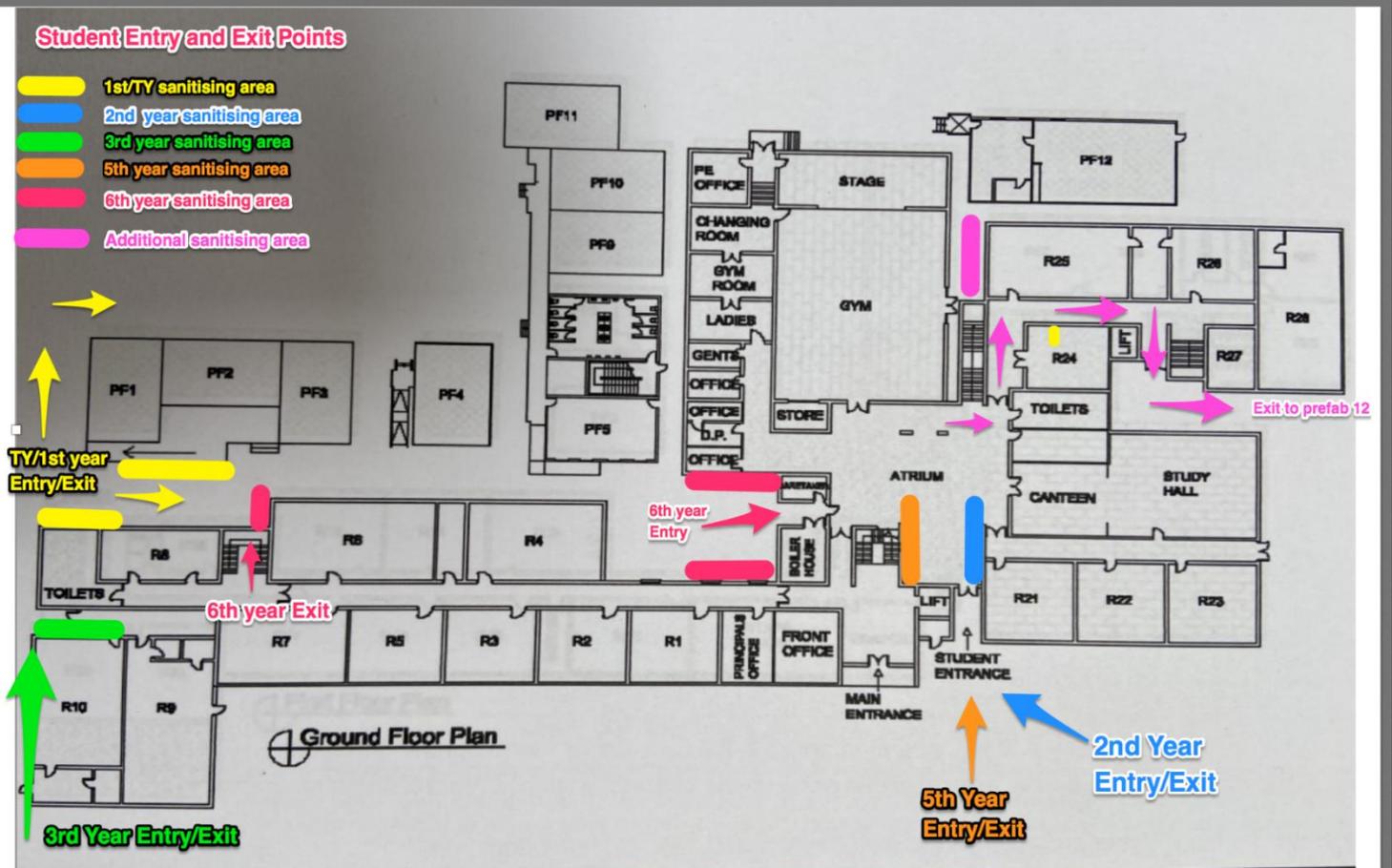
## Geography field trips

The organisation of Geography fieldtrips is not a requirement of the Leaving Certificate Geography course, and such trips should not be organised at the present time.

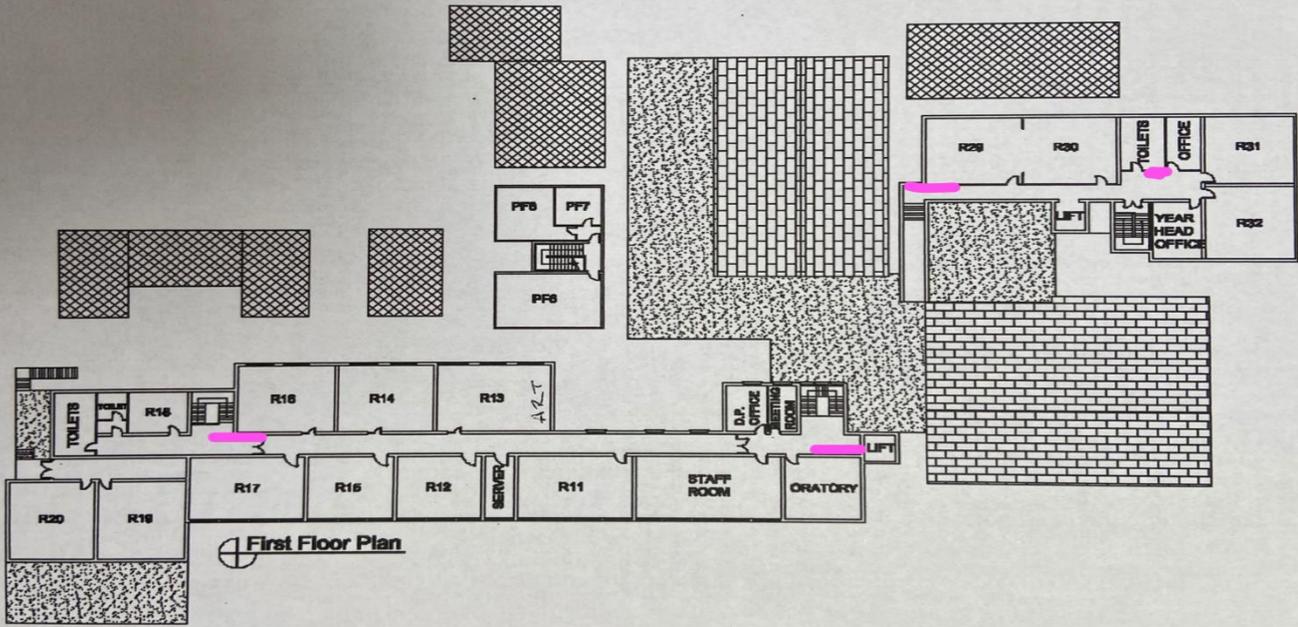
**Informal meetings of students outside of school.** Schools are asked to remind students that informal meeting up outside school, for example to participate in a study group or to rehearse for a school-related activity, is not permitted under current public health restriction measures.

And finally, let's all work together to keep our school community safe in these unprecedented times. The ever-evolving situation will require constant review and we ask for your support and understanding as we adapt to the new normal.

Remember - **We're all in this together!**



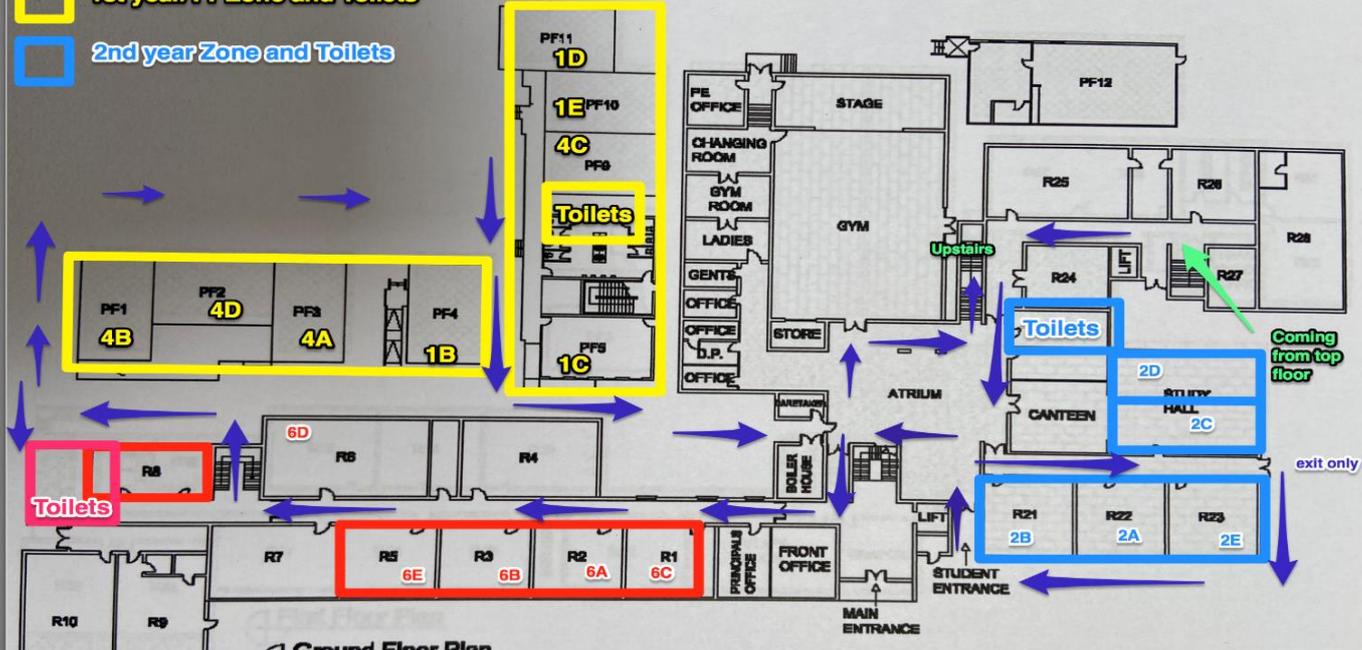
**Additional sanitising areas**



First Floor Plan

- 6th year Zone and Toilets
- 1st year/TY Zone and Toilets\*\*\*
- 2nd year Zone and Toilets

**One Way System** →



Ground Floor Plan

\*\*\* Toilets also for LCA

 **5th Year Zone and Toilets**       **One Way System First Floor**      

 **3rd Year Zone and Toilets**

