

26th May 2020

Dear Parents and Carers

Staying Alert & Safe – Social Distancing Guidance for Young People

We hope you are having a restful and safe half term. I would like to take this opportunity to share with you the Government guidance 'Staying alert and safe – social distancing guidance for young people' which was updated on the 24th May 2020. The link is below. The majority of the guidance is aimed at **most people**, who are not clinically vulnerable.

<https://www.gov.uk/government/publications/stay-alert-and-safe-social-distancing-guidance-for-young-people/staying-alert-and-safe-social-distancing-guidance-for-young-people>



[Staying alert and safe – social distancing guidance for young people - GOV.UK](https://www.gov.uk/government/publications/stay-alert-and-safe-social-distancing-guidance-for-young-people/staying-alert-and-safe-social-distancing-guidance-for-young-people)

COVID-19 is a new type of coronavirus that causes illness in people by affecting their lungs and therefore their breathing. The virus can be spread from person to person by coughing or touching ...
www.gov.uk

I'd like to draw particular attention to sections:-

- 2. Staying at home**
- 4. Visiting public places**
- 6. Going to other people's houses**
- 7. Meeting in groups**
- 11. Enforcing the law**

I would like to thank the majority of our parents who are ensuring that they are adhering strictly to the Government guidance and hope that for most parents this will be a reminder and a clear message they may continue to share with their children.

2. Staying at home

There are only certain reasons why you should be leaving your house. If you leave your house for these reasons, you must stay 2 metres away from other people who you don't live with. Two metres is three steps, or three big steps if you are a smaller person.

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Reasons why you can leave your home include:

- Shopping for food and medicine. You should try to limit the number of times you go shopping in a week
- Exercising. For example, a run, walk or cycle alone or with members of your household or with one other person from another household
- Playing counts as exercise. If you are playing with equipment, you may want to clean this with soap or disinfectant when you return home. Playgrounds are still closed but some outdoor sports spaces are open such as tennis and basketball courts
- Exercising pets including dogs and horses
- Any medical need, including to donate blood
- To avoid or escape being hurt (for example leaving a violent or dangerous home). If you are not feeling safe at home it is always okay to leave the house. If you or a member of your household is in danger, or you are feeling scared, you can ring 999, or contact Childline 0800 1111
- To provide care or to help a vulnerable person
- If your parent or guardian is a critical worker or if you have a social worker or an education health care (EHC) plan, you are still allowed to go to school or childcare. A list of critical workers is available
- If you are under 18 and usually live across two families, because your parents or guardians live separately, you are allowed to move between both homes as you would normally do. If you do have symptoms of coronavirus, speak to your parents or guardians about staying in one home until you recover but both families should follow the isolation guidance for 14 days
- Travelling to work which cannot reasonably be done at home. If you can, you should avoid public transport (e.g. walk or cycle to work). If you do not feel safe returning to work, you should have this conversation with your employer
- You can attend the funeral of a family member or a member of your household. You can also attend a friend's funeral if none of their family will be there. Many families are choosing to have funeral services over video links, you may be able to see if this is appropriate for your friend or family member
- If you are receiving support from the Government, such as social services, as a victim of crime, or receiving benefits, you can attend appointments for these issues

4. Visiting public places

You can exercise or play outside as often as you like. You can also sit and rest outside.

Exercise or play can be alone, with members of your household, or with one other person from outside your household. You should keep 2 metres apart from any other person from outside your household at all times.

You can go outside for exercise, as often as you like, for example a run, walk or cycle alone or with members of your household. You should stay 2 metres away from other people at all times while exercising outside.

You must not go outside for other activities such as sitting, sunbathing, or activities like football.

6. Going to other people's houses

You cannot visit another person's house for any reasons other than:

- Going to the house of another parent or guardian if you normally move between separate houses and if you are under 18
- Going to childcare if your parent or guardian(s) is a critical worker
- If you are a carer for a vulnerable person
- If you are a paid nanny or cleaner or providing another trades service such as urgent repairs. There is specific guidance about working in people's homes
- If you are looking to move there
- If you are taking food or other help to another person, you should not generally enter their house, and should keep 2 metres away from that other person at all times

7. Meeting in groups

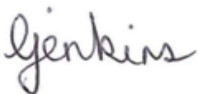
It is against the law to meet with more than one person at a time in a public place if they do not live in your household apart from limited circumstances as set out in the law.

11. Enforcing the law

The law sets out clearly what you must and must not do – every person in the country must follow this law. Authorities, including the police, have been given the powers to enforce the law – including through fines (having to pay money). The police can also stop groups of people from gathering in a public place and may ask you to return to your house. The police also have the authority to arrest you.

I'd again like to reiterate my sincere thanks to the vast majority of our community who are adhering to this guidance in order to keep us all safe.

Yours sincerely



Laura Jenkins
Headteacher