



# Loreto Secondary School Clonmel

Coleville Road, Clonmel, Co. Tipperary

Sunday 6<sup>th</sup> September 2020

## Notification to all Parents / Guardians P.E. Regulations at Loreto Clonmel during Covid-19

Dear Parents/Guardians,

As a consequence of the Covid-19 pandemic, all P.E. classes will be classroom-based until the week of the 21<sup>st</sup> of September 2020. **No P.E. uniform is required until that week.** Students will remain in their base classrooms for the duration of the class.

Further, it is not possible for students to change into their P.E. uniform in communal changing rooms and change back into their school uniform at the end of their P.E. Classes. Therefore, with effect from Monday 21<sup>st</sup> September 2020 until further notice, students who have P.E. in their timetable on a specific day are permitted to **attend in Loreto Clonmel P.E. uniform for the duration of the school day.**

It is required that each student wear their **school P.E. uniform** on the day they have P.E. class **regardless** of their ability to participate. No variations from the above are permitted. This means, for example, that slogans and brandings on tracksuits are **not permitted**, leggings rather than the school tracksuit ends are **not permitted**, etc.

**Please note that students do not have permission to wear the school tracksuit on other days of the week.**

Support from parents/guardians to ensure this change is implemented appropriately is requested. This is a temporary amendment to the Loreto Clonmel uniform policy to allow students to continue safely in P.E. class. These regulations are subject to change, and PE teachers will inform students of any alterations as needs arise.

Yours faithfully,

Anne Mc Grath,  
Principal

Sarah Rice,  
Deputy Principal



## Our start of school year prayer:

May our school community be a place of **love, laughter and learning**.

Open our minds to the possibilities that this year holds.

Open our eyes to the wonder of each new day.

Fill each of us with love, hope and joy so that we have a fresh enthusiasm and a heart that is excited to learn and grow.

## HSE Advice

Lots of additional advice is available at this [link](#)

**Protect yourself and others from getting sick**

**Wash your hands**

- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty

**RESIST** [www.hse.ie/handhygiene](http://www.hse.ie/handhygiene)

**How to use Face Coverings**

ALWAYS CLEAN YOUR HANDS BEFORE AND AFTER WEARING A FACE COVERING

**Correct Covering** **Check Your Fit**

Medical masks should be reserved for health workers or patients in treatment. If you have been advised to wear a medical mask, always have the external side (top) and the nose band at the top of your nose.

Check that the face covering is made from a fabric that you are comfortable wearing.

Check that it is easy to fit and comfortably covers your nose and mouth, all the way around your face.

Tighten the elastic or ties so it's snug around your face, without gaps. If there are strings, tie them tight on top of the head to get a good fit. Do this once or twice with the face covering when it is on.

**DO NOT:** Wear the face covering before your nose.

**DO NOT:** Leave your risks exposed.

**DO NOT:** Wear it loosely with gaps on the sides.

**DO NOT:** Wear it so it covers just the top of your face.

**DO NOT:** Push it over your chin to rest on your neck.

**FOLLOW THESE TIPS TO STAY SAFE:**

- ALWAYS wash your hands before and after wearing your face covering.
- ALWAYS change your face covering if it is dirty, wet or damaged.
- ALWAYS avoid touching the front of your face covering.
- ALWAYS avoid touching your face covering.

**Safe Removal** **Disposing Of Single-Use Mask**

Use the ties or ear loops to lower the face covering off. Do not touch the mask.

Always dispose of single-use masks properly in a bin. Don't forget to clean your hands and keep social distance.

Stay safe. Protect each other.

**Coronavirus COVID-19**

**Help prevent coronavirus**

- Wash your hands
- Cover mouth if coughing or sneezing
- Avoid touching your face
- Keep surfaces clean
- Stop shaking hands and hugging
- Keep a safe distance

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

Visit [HSE.ie](http://HSE.ie)  
For updated factual information and advice  
Or call 1850 24 1850

Protection from coronavirus. It's in our hands.