



**LORETO SECONDARY SCHOOL,  
CLONMEL**

**Addition to the  
Code of Behaviour  
in light of Covid-19**

**Ratified by  
The Board of Management  
on 4th January 2022**

## Part 1

### Introduction

Today, young people are global citizens, powerful agents of change and the next generation of caregivers, scientists, and doctors. Any crisis presents young people an opportunity to learn, cultivate compassion and increase resilience while building a safer and more caring community. Having information and facts about COVID-19 will help diminish students' fears and anxieties around the disease and support their ability to cope with any secondary impacts in their lives.

Education can encourage students to become advocates for disease prevention and control **at home, in school, and in their community** by talking to others about how to prevent the spread of viruses.

### Checklist for Students

Young people should understand basic, age-appropriate information about COVID-19, including its symptoms, complications, how it is transmitted and how to prevent transmission. Stay informed about COVID-19 through reputable sources, such as the HSE [website](#). Be aware of fake information/myths that may circulate by word-of-mouth or online.

- 1. In a situation like this it is normal to feel sad, worried, confused, scared or angry. Know that you are not alone and talk to someone you trust, like your parent/guardian, teacher or SNA so that you can help keep yourself and your school safe and healthy.
  - Ask questions, educate yourself and get information from reliable sources
- 2. Protect yourself and others.
  - Sanitize your hands frequently
  - Always wash hands with soap and water, if hands are visibly dirty
  - Remember to not touch your face
  - Wear your cloth or medical grade face mask properly (i.e. over your nose and mouth)
  - During break times and lunch times only eat in designated areas
  - Do not move benches around to sit closer to friends during break time and lunch time
  - Do not share cups, eating utensils, food or drinks with others
  - For students who have had COVID-19 already, remember that COVID routines still apply to you
- 3. Be a leader in keeping yourself, your school, family and community healthy.
  - Share what you learn about preventing disease with your family and friends, especially with younger children
  - Model good practices such as sneezing or coughing into your elbow and washing your hands, especially for younger family members
- 4. Don't stigmatise your peers or tease anyone about being sick; remember that the virus doesn't follow geographical boundaries, ethnicities, age, ability or gender.
- 5. Tell your parents, another family member, or a caregiver if you feel sick, and ask to stay home.

## Checklist for Parents/Guardians

- 1. Monitor your child's health and **keep them home from school if they are ill or presenting with [symptoms of COVID-19](#)**
- 2. Communicate immediately with the school if your child or family member gets a diagnosis of COVID-19
- 3. Teach and model good hygiene practices for your children
  - Wash your hands with soap and safe water frequently. If soap and water are not readily available, use an alcohol-based hand sanitizer. Always wash hands with soap and water, if hands are visibly dirty
  - Cough and sneeze into your elbow and avoid touching your face, eyes, mouth, nose.

## Behaviour Principles

In light of the need for students to behave differently and to follow specific rules in school during the Covid-19 epidemic, this amendment to the Code of Behaviour outlines specific changes to guidance that students will have to follow. Our guiding principle when making any changes or adjustments to policy is to be able to keep all of our students, families and staff safe and place their wellbeing at the forefront of everything we do.

These amendments will be communicated to students, parents/guardians and staff.

## Our Expectations:

- All Public Health/HSE guidance should be followed.
- Staff or students should not attend school if displaying any [symptoms of COVID-19](#). The advice is that any member of the school community, who is displaying possible symptoms of Covid-19 must remain off the campus until they are **48-hours symptom free**.  
You may wish to seek a medical diagnosis if you are displaying possible symptoms of Covid-19
- Staff or students who have travelled outside Ireland may be required to complete self-isolation and/or quarantine prior to returning to the school campus.
  - All staff and parents/guardians should ensure awareness of this and fulfil this requirement by accessing the Irish government's most up-to-date travel advice immediately prior to your return to Ireland, so that you are fully appraised of any necessary requirement to restrict movements or quarantine after travel.
  - If the school has reasonable grounds for believing its duty of care towards members of the school community is being undermined in circumstances where a staff member or student has not observed the mandatory requirements the school will refuse access to that person for the period of any necessary requirement to restrict their movements or quarantine after travel.
- In the case of a student developing potential Covid-19 symptoms while on the school campus parents/guardians will be required to collect their child **within a one-hour period** from the time of notification.
- All in the school community will follow HSE [guidelines](#) for cough and sneeze etiquette.
- The school rules now include:
  - Cloth or medical grade face masks must be worn at all times.

- **NO** coughing at or towards any other person.
- **NO** sneezing at or towards any other person.
- **NO** spitting at or towards any other person.
- School sanctions, up to and including expulsion, may be considered appropriate if these rules are not adhered to.
- Clear rules for students have been laid out in our [Remote Teaching and Learning Policy](#) about conduct in relation to remote education should remote teaching and learning need to occur.

### School Routines and Procedures

Additional routines and procedures will be put in place to protect all in the community. The expectation is that all will follow the new routines which will include (but is not limited to):

- Altered routines for arrival or departure
- Following instructions on who students can socialise with at school (such as base classrooms, areas to use at break time and lunch time, etc)
- Moving around the school as per specific instructions (such as, one-way system of *Walk on the Left*, out of bounds areas, queuing, etc)
- Rules about NOT sharing any equipment, textbooks, pencil case items, or other items including drinking bottles
- Use of toilets
- Cleaning desks and chairs when arriving and leaving classrooms
- For students who eat slowly and take much of break time or lunch time to finish their snack/food you are required to wear face masks in between eating so that you are not sitting with your face mask off for most (or all) of the break/lunch time
- Moving benches around to sit closer to friends during break time and lunch time is not allowed.
- For students who have lockers remember to bring your locker key with you and to clean your locker with anti-bacterial wipe once each day
- For students who have had COVID-19 already, remember that COVID routines still apply to you.

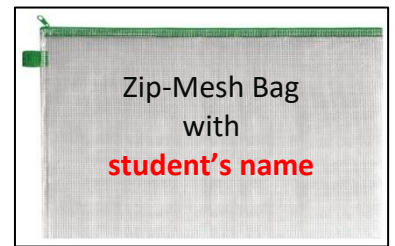
### Hygiene and Health Expectations:

- Following HSE [guidelines](#) on hygiene, such as handwashing and sanitising
- Following HSE [guidelines](#) about sneezing, coughing, tissues and disposal (including 'catch it, bin it, kill it') and avoiding touching your mouth, nose and eyes with hands
- Tell an adult if you are experiencing symptoms of COVID-19
- Wearing of cloth or medical grade face mask is compulsory for all of the school community
- Have a Zip-Mesh Bag with you each day (see below for details) which you check and refresh on a Friday night in readiness for Monday morning
- Every single item belonging to a student must be labelled clearly
  - Each item of uniform
  - Each item of PE uniform
  - Everything in pencil case
  - Lunch box and **reusable** bottle
  - Every single copy and textbook that are brought into school (clearly on the outside covers)
  - Every piece of equipment that you need for any subject
- Lost property THAT IS CLEARLY NAMED will **where possible** be returned to students – this has meant that the school has had little or no lost property (thanks to all for your cooperation)
- Lost property THAT IS NOT CLEARLY NAMED **will be recycled that day** as we cannot risk giving property back to the wrong person for hygiene and health reasons

## Items for your Zip-Mesh Bag

All students are expected to have a zip-mesh bag (*clearly labelled with student's name*) with the following items which you check and refresh on a Friday night in readiness for Monday morning:

- **Hand sanitiser**
- **Face cloth** (to use as hand towel)
- **Headphones**  
*(needed if using devices with sound which may be the case if tuning into a teacher from a separate classroom – if possible, please don't bring large headphones, bring small headphones e.g. mobile phone ones)*
- **Face Mask**  
*It is compulsory to wear a face mask - please have a spare one with you each day; likewise, you might like to have a spare visor with you (which is not compulsory to wear)*
- **Pack of Antibacterial Wipes**



### Note:

- **Clearly label all items with the student's name.**
- **For hygiene reasons students are not permitted to share these (or any other personal) items.**

## How the school will deal with a suspected case of COVID-19 that may arise in a school setting.

There is a protocol in place to deal with any suspected case of Covid-19 in the school. If a student feels as though they have any of symptoms of Covid-19 they should report to a staff member immediately.

## Return to school

To ensure that the return to school is safe and secure for all and that, within the limitations imposed by Covid-19, the school can provide for the wellbeing of each of our students, return to the school campus following the school closure is **based on each staff member, student and family supporting all aspects of this policy**. Students and parents/guardians have signed our code of behaviour and this is now part of that code of behaviour.

## Other

As new information from the Department of Education and/or the HSE comes to light the school reserves the right to add to or adjust this policy.

## Part 2 Facts about COVID-19

### HSE Information and Advice

There is a wealth of information and advice is available at this [link](#). Some relevant posters are included below:

**Coronavirus COVID-19** Public Health Advice

### Know the signs

- High Temperature
- Shortness of Breath
- Breathing Difficulties
- Cough

For 8 out of 10 people, rest and over the counter medication can help you feel better.

If you have symptoms, self-isolate to protect others and phone your GP. Visit [hse.ie](http://hse.ie) for updated factual information and advice or call 1850 24 1850.

Wash, Cover, Avoid, Clean, Stop, Distance

Protection from coronavirus. It's in our hands.

HSE | Kílian na Mílteann Government of Ireland

**Coronavirus COVID-19** Public Health Advice

### 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.

HSE | Kílian na Mílteann Government of Ireland

**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

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

RESIST | HSE | hpsc

**How to use Face Coverings** Public Health Advice

ALWAYS CLEAN YOUR HANDS BEFORE AND AFTER WEARING A FACE COVERING

#### Correct Covering

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 coloured side showing and the metal band at the top of your nose.

#### Check Your Fit

Check that the face covering is made from a fabric that you are comfortable wearing. Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin. Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or forget with the face covering when it is on.

**DO NOT:** Wear the face covering below your nose. **DO NOT:** Leave your chin exposed. **DO NOT:** Wear it loosely with gaps on the sides. **DO NOT:** Wear it so it covers just the tip of your nose. **DO NOT:** Push it under your chin to rest on your neck.

**FOLLOW THESE TIPS TO STAY SAFE:**

- ALWAYS wash your hands before and after handling your face covering.
- ALWAYS change your face covering if it is dirty, wet or damaged.
- Carry unused face coverings in a sealable clean, water-resistant bag, for example, a ziplock.
- Carry a second similar type bag to put used face coverings in.
- CHILDREN UNDER 13 should not wear face coverings.
- ALWAYS wash cloth face coverings on the highest temperature for cloth.

#### Safe Removal

Use the ties or ear loops to take the face covering off. Do not touch the front when you take it off.

#### Disposing Of Single-Use 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.

HSE | Kílian na Mílteann Government of Ireland

### What is COVID-19?

COVID-19 is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.' The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.



## What are the symptoms of COVID-19?

The [symptoms of COVID-19](#) can include

- a fever (high temperature - 38 degrees Celsius or above)
- a cough - this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties
- loss or change to 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

In more severe cases, infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal. These symptoms are similar to the flu (influenza) or the common cold, which are a lot more common than COVID-19. This is why testing is required to confirm if someone has COVID-19. *This is not an exhaustive list of symptoms and it is the responsibility of the student and their family to make themselves familiar with an up-to-date list of symptoms.*

## How does COVID-19 spread?

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from touching surfaces contaminated with the virus and then touching their face (e.g., eyes, nose, mouth). The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it. See also the HSE [website](#).

## Who is most at risk?

We are learning more about how COVID-19 affects people every day. Older people, and people with chronic medical conditions, such as diabetes and heart disease, appear to be more at risk of developing severe symptoms. We know it is possible for people of any age to be infected with the virus, but so far there are relatively few cases of COVID-19 reported among children. This is a new virus and we need to learn more about how it affects children. The virus can be fatal in rare cases, so far mainly among older people with pre-existing medical conditions. See also the HSE [website](#).

## What is the treatment for COVID-19?

Currently there are [vaccines and boosters](#) available for COVID-19. See HSE [website](#) for managing COVID-19 symptoms at home.

## How can the spread of COVID-19 be slowed down or prevented?

As with other respiratory infections like the flu or the common cold, public health measures are critical to slow the spread of illnesses. Public health measures are **everyday preventive actions** that include:

- ✓ staying home when ill or presenting with symptoms of COVID-19;
- ✓ covering mouth and nose with flexed elbow or tissue when coughing or sneezing (note dispose of used tissue immediately);
- ✓ washing hands often with soap and water; and
- ✓ cleaning frequently touched surfaces and objects.

See HSE [website](#) for further information. As we learn more about COVID-19 public health officials may recommend additional actions, which as a school we will support.

This policy was agreed on the date noted below.

**Signed:** \_\_\_\_\_  
Chairperson of Board of Management

**Date:** \_\_\_\_\_

**Signed:** \_\_\_\_\_  
Principal

**Date:** \_\_\_\_\_