

Die Heuwel Primary School

CARELSON STREET
HILLSIDE
PORT ELIZABETH
6059
PRINCIPAL: Mr. A.E. Walton
E-mail: dieheuwel@telkomsa.net



P.O.BOX 16041
GELVANDALE
PORT ELIZABETH
6020
Telephone: 041- 452 3313
Fax No: 086 615 44 93

Website: www.dieheuwelprimaryschool.co.za

COVID – 19 GUIDE FOR PARENTS OF DIE HEUWEL PRIMARY

This document serves to inform parents/ guardians about the way forward regarding COVID-19. Please read through it and familiarize yourself with the procedures before your child returns to school.

All learners must wear a mask on school property and in transport.

COVID-19 regulations states that a person leaving their home shall wear a mask. Therefore, it is compulsory to wear a mask at school. We advise you to let your child practice wearing a mask for an extended period at home, so that they can get use to wearing the mask the whole day at school.

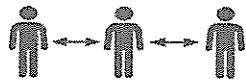
How to wear a face mask



DOs

✓ Wash mask after use in hot water and dry thoroughly

✓ Wash hands for 20 seconds prior to putting on and after taking off your mask



✓ Still practice social distancing when wearing a mask

✓ Make sure it fits snugly but comfortably against the side of your face

✓ Make sure it covers your mouth and nose



DON'Ts

✗ Take the mask on and off – once on, leave on

✗ Touch or adjust the mask once it is on your face, this can cause contamination



✗ Touch your eyes, nose or mouth when removing the mask

✗ Place on young children under the age of two



✗ Wear it longer than four hours



Learners must stay at home when they are showing any of the following symptoms

If your child has any of the following symptoms, please keep your child at home:

- ✓ Fever
- ✓ Cough
- ✓ Bloodshot or red eyes
- ✓ Difficulty in breathing
- ✓ Body pain
- ✓ Physical weakness and fatigue
- ✓ Loss of taste or smell
- ✓ Nausea
- ✓ Vomiting

What happens when the learner arrives at school?

When the learner arrived at the main gate a medical screening will take place. That means that your child's temperature will be taken and on certain days your child will be questioned about his/her symptoms.

All learners will be supervised to ensure that they keep at least one-and-a-half meters between them.

All learners must make use of the main gate for entrance and exit.

Please take note that there will be only one entrance and exit at the school. This is to ensure that all learners will be medically scanned before entering the school.

What happens when a learner presents any COVID-19 symptoms?

- **When your child presents any of the symptoms at school he/she will be escorted to the isolation room and the parent/guardian must take the learner home.**
- If the learner is at school when he/she presents COVID-19 symptoms, he/she will be isolated to prevent any danger to any other learners or to members of the staff.
- The parents/ guardians will be immediately informed of the situation.
- The school will inform the appropriate health official or contact the COVID help line at 0800 02 9999

Take note the tuck shop will be closed until further notice

The schools NSNP will remain open and will provide every child with a plate of food. There are strict protocols in place regarding the preparing of food and we are doing our best to ensure that those protocols are followed.

Your child can bring food to school. We strongly advise that learners do not share any food or drinks. According to the United States' Food and Drug Administration (FDA), the World

Health Organization (WHO) and our government agree that at this stage there is no proof of COVID-19 being spread in food or food packaging.

May I refuse to send my child back at school?

If you want to keep your child at home, please refer to the letter that was posted on Facebook or collect forms at the gate.

What must the learner do before coming back to school?

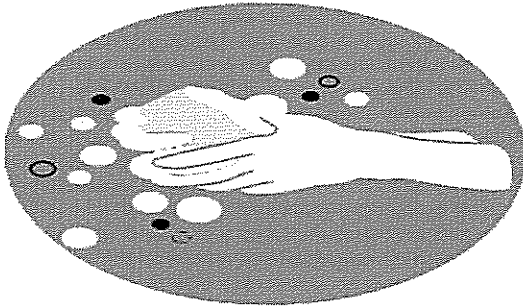
- ☺ Make sure that your mask is fitting properly.
- ☺ Practice how to put the mask on and take off correctly.
- ☺ Practice proper hygiene at home.
- ☺ Practice social distancing
- ☺ Eat a healthy diet and get enough sleep.
- ☺ Answer the COVID-19 questions.



Please speak to your teacher if you are feeling sad or down

How can I avoid the risk of infection?

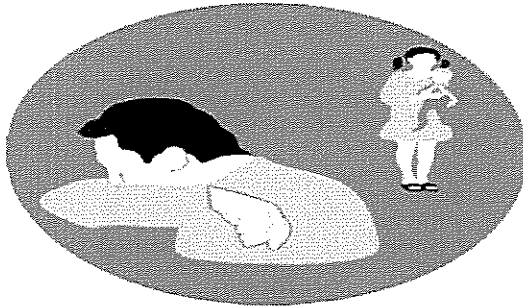
Here are four precautions you and your family can take to avoid infection:



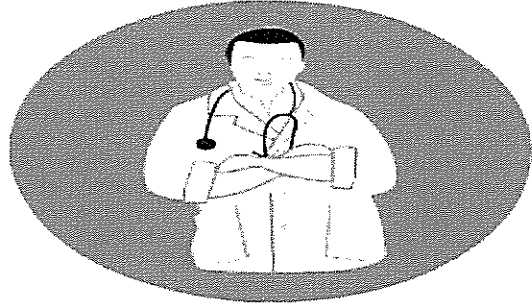
Wash your hands frequently using soap and water or an alcohol-based hand rub



Cover mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately



Avoid close contact with anyone who has cold or flu-like symptoms











Seek medical care early if you or your child has a fever, cough or difficulty breathing

unicef  | for every child

 govchat
Care, but better

What to do when you get home:

-  Take your shoes at the door before going in and sanitize it.
-  Put your schoolbag down just inside the front door.
-  Sanitize your hands.
-  Remove your mask.
-  Wash your hands after you take your mask off.
-  Take off your school clothes and wash your hands after you take your clothes off.
-  Take out your books and do homework.
-  Wash your hands after you did your homework.

Things to remember

- Do not share your mask with anyone.
- Wash your mask **EVERYDAY**.
- Avoid touching your eyes, ears, nose and mouth (face).
- Do not share stationary.
- Keep your nails short and clean.
- Do not share any food or cutlery.
- Do not mock or joke about someone who is ill.
- Stay at home if you are feeling ill.
- Inform your teacher if you are feeling ill at any time during the day.

We hope that this information will help you.

Yours in education



Mr. A.E. Walton
(PRINCIPAL)