



Ministero dell'Istruzione ISTITUTO COMPRENSIVO "E. De Amicis"

Via delle Tofane, 1 – 24125 Bergamo -Tel.035/294148 Fax 035/301650

e-mail BGIC80700G@istruzione.it; bgic80700g@pec.istruzione.it

Codice Meccanografico: BGIC80700G

Codice Fiscale : 95118790161 IC "E. De Amicis"

How to prepare a safe return to school with your children

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- Check lists help to carry out complex procedures, avoiding the need to "keep in mind" everything. Mostly when you are under pressure, everyone can forget something or make a mistake. For this reason, a good checklist helps to be ready to face what is going on or could happen, however predictable.
- To help families to orient themselves in the complex perspective of returning to school safely, this school has prepared a possible (indicative) checklist of tasks from the point of view of the families.
- It is a indicative series of suggestions, widely modifiable and that can be integrated, according to conditions that may arise at school and based on what Technical Scientific Committee – established at Department of Civil Protection of the Presidency of the Council - will decide from time to time based on the progress of the epidemiological situation.

Children look at us

- Base for education is mirroring. For this reason, the first and more powerful educational act is the example. If adults have inadequate, challenging, disrespectful, derisive behaviors in front of children, the result will be not only to increase the risk of infection, but also to grow up irresponsible children; we can see many examples in news the every day.
- In the hope that infection doesn't recur with the initial virulence and that it doesn't arrive to school, careful and responsible behaviour are needed by everyone. It is necessary to be prepared for every changes during the year.

Safety information

- Check every morning if your child is unwell. If body temperature is higher than 37.5 °C, she/he can't go to school.
- Check that your child has no sore throat or other disease symptoms, like cough, diarrhea, headache, vomiting or muscle aches. If she/he is not in good health, she/he cannot go to school.
- If your child have had contact with a COVID – 19 case, she/he cannot go to school. Follow carefully the instructions of the Healthcare System on quarantine.
- If you have not already done, inform the school on which people must be contacted if your child doesn't feel well at school: names, surnames, phones, workplaces, any further information useful to speed up contacts.
- At home, practice and teach proper hand washing techniques, especially before and after eating, sneezing, coughing, before adjusting the face mask. Explain to your child why it is so important. If it is a young one, make it fun.
- Get for your child a bottle for water that can be identified with name and surname.
- Develop daily pre and post-school routines, such as pinpointing things to be put in the backpack in the morning (personal hand sanitizer, extra face mask) and things to do once get home (wash hands immediately, where to put the face mask on whether it is disposable or washable ...)
- Talk with your child about precautions to take at school:
 - Wash and disinfect hands more often;
 - Maintain physical distance with other students;
 - Wear face mask;
 - Avoid to share objects with other students, like water bottle, devices, writing instruments, books ...
- Find out how the school will communicate to families any case of COVID-19 infection and the rules that will be followed in these cases
- Plan and organize the way with child will move to and from school:
 - If she/he uses a public transport (trains, buses, school buses), prepare her/him to always wear the face mask and do not touch face with hands until they are not disinfected. If your child is young, tell him that she/he can't put hands into the mouth. Check that your child has understood the importance of following rules when she/he is on board (seat places, standing places, distances ... these rules must be communicated by the transport organization).
 - If your child goes to school by car with other schoolmates, explain her/him rules to be followed: face mask, distances, and handwashing.

<ul style="list-style-type: none"> • Strengthen the concept of physical distancing, cleaning and use of face mask, giving good example.
<ul style="list-style-type: none"> • Find out rules adopted by school about physical education and free activities (playtime) and rules about canteen, so that you can explain to her/him and support them, asking to her/him to follow them strictly.
<ul style="list-style-type: none"> • Keep at home a supply of face masks, so you can change whenever needed. Provide your child a spare mask in the backpack, closed into a container. If you provide a reusable masks, also provide a bag to store the one used to take it at home to be washed. • If you use cotton reusable masks, they must: <ul style="list-style-type: none"> ○ Cover nose, mouth and part of the cheeks (near nose and mouth) ○ Secured with laces to ears ○ Have at least two layers of textile ○ Allow breathing ○ Be washable with soap on in washing machine and be ironed (vapor at 90°C is a good disinfectant without counter indication).
<ul style="list-style-type: none"> • If you provide textile face mask to your child, be careful that it can be easily identified and they cannot be confused with the face masks of other students.
<ul style="list-style-type: none"> • Train your child to put on and take off the face mask, by using only laces.
<ul style="list-style-type: none"> • Explain to your child that she/he could meet schoolmates that cannot wear face mask. Consequently, she/he must take safety distance from them, wear always the mask and follow teachers' instructions.
<ul style="list-style-type: none"> • Consider to provide you child with a container (for example, a labeled resealable bag) to take to school for putting the mask away during lunch. Tell him that face mask cannot be placed everywhere and cannot be dirt.
<ul style="list-style-type: none"> • If your child is young, prepare her/him that the school will have a different look and layout (for example, desks far from each other, teachers who maintain physical distances, the possibility of having lunch in classroom).
<ul style="list-style-type: none"> • After returning to school, find out how things are going and about relationship with schoolmates and teachers. Find out how your child feels and if she/he are confused by news. Help her/him to work out any inconvenience; if she/he reports inappropriate behaviors by other students, speak immediately with teachers and school principal.
<ul style="list-style-type: none"> • Pay attention to changes in the behaviors such as excessive crying, irritation, excessive concern or sadness, poor eating or sleeping habits, difficulty concentrating, which can be signs of stress and anxiety. Nevertheless, be careful not to be the one to transmit stress, anxiety, or concerns excessively.