

The weak and vulnerable are
worthy
of the rest of us
rearranging our lives

Community
Spirit

PERSEVERANCE

GOAL
GROWING
DILIGENCE
DEDICATION
ACHIEVE
DODGEDNESS
COURSE
HARD
ENDURANCE
GREAT
PATIENCE
TENACITY
DILIGENCE
GOAL
PURPOSE
COURSE
DEDICATION
ACHIEVE
COMMITMENT
WORK
GOAL
GROWING
PURPOSE
GROWING
STRONG
ENDURANCE
ACHIEVE
COURSE
GROW
SUCCESS
DILIGENCE
PATIENCE
STRONG

RESOURCEFULNESS

Start where you are.
Use what you have.
Do what you can.

GetResults.org.uk

RESPONSIBILITY

starts with *me.*

c  *mpassion*

How does the Coronavirus spread?

- From what we know about other coronaviruses, spread of COVID-19 is most likely to happen when there is close contact (within 2 metres) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.
- Droplets produced when an infected person coughs or sneezes, respiratory secretions containing the virus are most likely to be the most important means of transmission.

There are 2 routes by which people could become infected:

- secretions can be directly transferred into the mouths or noses of people who are nearby (within 2 metres) or could be inhaled into the lungs
- it is also possible that someone may become infected by touching a surface or object that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching a door handle or shaking hands then touching own face).

What can we do?



What difference does washing our hands really make?

A teacher in an elementary school in the USA did a really interesting experiment with her science class.

They took 5 pieces of ordinary bread and put each one in a sealed plastic bag

But first, they did different things to each slice of bread:

- 1 Wiped over class's Chrome books (tablets)
- 2 Untouched slice
- 3 Touched by dirty unwashed hands
- 4 Touched by hands washed with soap and water
- 5 Touched by hands rubbed with hand sanitiser

Moldy!!



all? 🍌

Vote Below

(Control)
Fresh

2
Fresh &
Untouched



Unwashed
Touched

3
Dirty
Hands



Soap & Water

4
Soap &
Water



5
Hand
Sanitizer



Chromebooks

1
Wiped on
Chromebooks



Why do we need to wash our hands so often?

- <https://www.bbc.co.uk/news/av/health-51637561/coronavirus-watch-how-germs-spread>

Coronavirus

Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.

CORONAVIRUS
PROTECT YOURSELF & OTHERS

How often should we be washing our hands?

- before leaving home
- on arrival at school
- after using the toilet
- after blowing your nose, sneezing or coughing
- after breaks and sporting activities
- before food preparation
- before eating any food, including snacks
- before leaving school
- after using public transport
- on arrival at home

Your teachers will be giving you opportunities to wash your hands

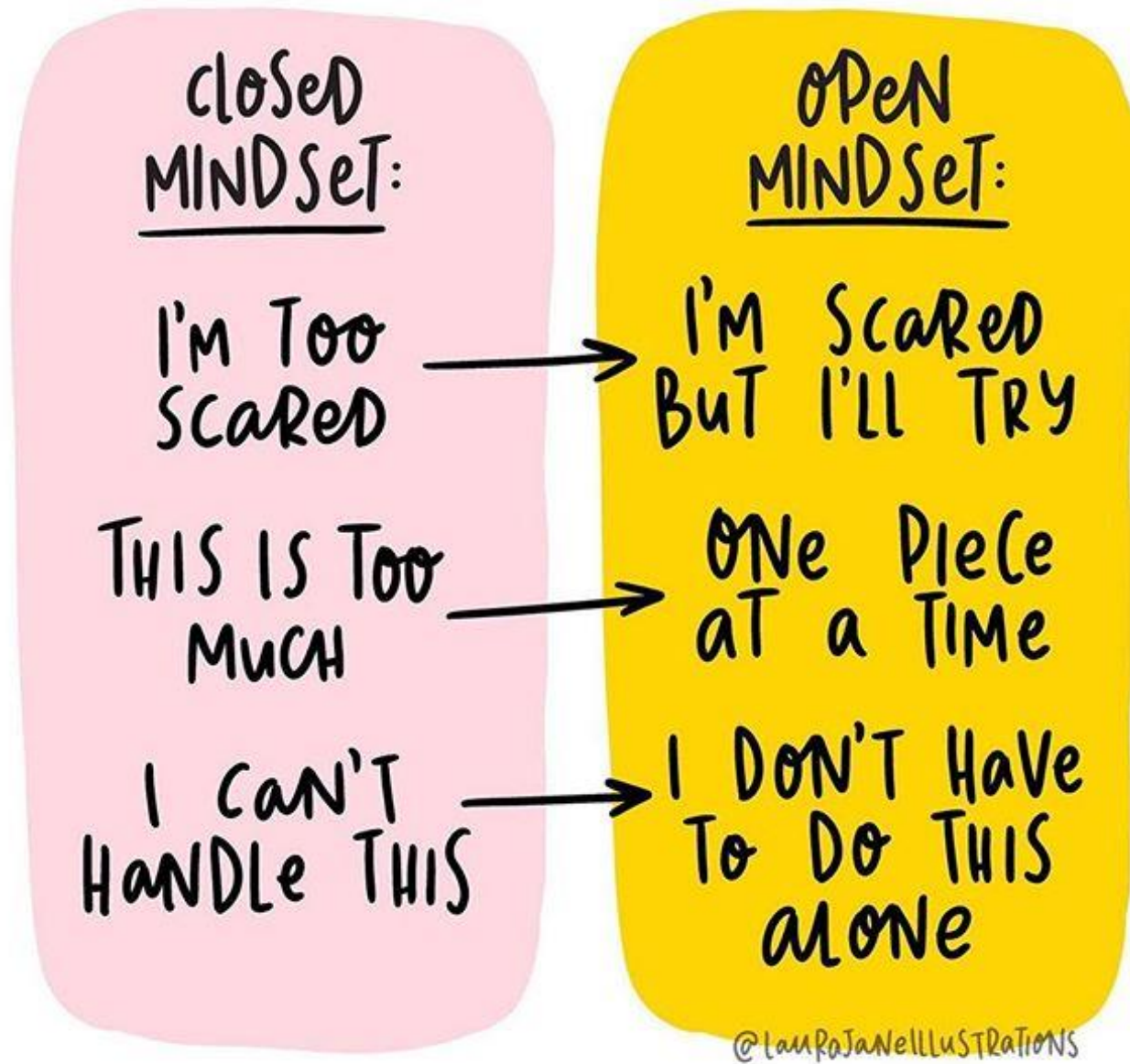
Why should we ... if young people do not seem to get this coronavirus ...?

- People with specific existing underlying health conditions and the elderly are most at risk.
- Our grandparents and great grandparents, great aunts and uncles, and our wider friends and family need us to protect them.
- We have people vulnerable to the virus here in this community and at home in our families. It might be very serious for them.
- We could carry the virus and pass it on. This is why we need to try and reduce this risk.



HM Government





If you are feeling anxious or concerned, please talk to a member of staff for reassurance

We are all in this together

- Avoid touching each other - greet each other in another way
- Avoid borrowing equipment
- Keep your devices and keyboards clean – wipe them over with sanitiser every use
- Have a handy pack of tissues in your blazer pocket
- Dn't waste or misuse hand soap or sanitiser – report those who do
- Limit the amount of news you watch – too much can make us more worried
- We are very busy preparing for a time when the government might close schools
- If this happens, your teachers will set you work on Classcharts – more on this very soon
- Remember to speak to a member of staff if you have any concerns

Galatians 6:9

For let us not grow weary of doing good,
for in due season we will reap, if we do
not give up.

Let us pray:

May the peace of God give us renewed hope and wisdom,

May we find the strength we already carry within us to be enough,

May the grace of God be sufficient,

May we find a deep breath when the air around us is thin,

May we grow in compassion in these days,

May we love well, not in spite of these anxious times, but because of them.

Amen

St Augustine, **pray for us**

Live Jesus in our hearts, **forever**

Any Questions?



**KEEP
CALM
AND
WASH YOUR
HANDS**