

OBJECT: USEFUL TIPS FOR FAMILIES

Dear Parents,

at the beginning of the school year, our enthusiasm, joy, and curiosity for the new adventure are accompanied by some fear and uncertainty, for the peculiar situation of health emergency that -together- we have to face. Our School has prepared several documents related to the adopted organizational measures and the new rules, in order to protect individual and collective health.

You can read them in the circulars sent through the Electronic Register. There will be opportunities for sharing and discussion, because, this year is even more essential the collaboration and the willingness of everyone to be an active part of the school community, with a precise and individual assumption of responsibility. Together we will face this challenge with an attitude of mutual trust, but also of attention and awareness. We have prepared this "checklist" of practical suggestions and indications of behavior, to accompany families to orient themselves in the prospect of returning to school safely. They are specifically designed from the parents' point of view and refer to the guidance of the USR Emilia Romagna and the Regional Forum of Parents' Associations.

With the wish of a school year as serene and inspiring as possible, I greet you warmly.

THE SCHOOL LEADER Dr. Cristina Olivieri

TIPS FOR FAMILIES FOR A SAFE RETURN TO SCHOOL

1. Every morning check your children's temperature. If they have a temperature above 37.5 degrees they can't go to school.
2. Make sure they have no sore throat or other signs of illness such as cough, diarrhea, headaches, vomit or muscle aches. If they don't feel well, they can't go to school.
3. If they have had contact with a COVID-19 case, they cannot go to school. Follow the Quarantine Health Guidelines scrupulously.
4. If you haven't done it yet, let the School know which person to contact if your child doesn't feel well at school: Names, Last names, landlines or mobile phones, workplaces... any information that can help speed up the contact. Make sure the data provided is correct and the phone numbers are active: someone must always be reachable, among the people listed at the School.
5. At home, keep practicing the correct hand washing techniques, especially before and after eating, sneezing, coughing, before wearing the face mask and explain to your child why it is important. If it's a small child, try to make it fun, if you can.
6. Give your child a bottle of water with first and last name.
7. Develop daily routines before and after school, for example by establishing exactly the things to put in your schoolbag in the morning (hand disinfection gel and a spare mask) and what to do when you return home (wash your hands immediately, store your mask properly).
8. Talk to your child about the precautions to take at school:
 - Wash and sanitize your hands
 - Keep physical distance from other classmates
 - Wear the mask when the distance cannot be maintained
 - Avoid sharing items with other classmates, including water bottles and school objects
9. Learn how the school will notify families of a possible case of COVID-19 infection and the rules that will be followed in these situations.
10. Plan and organize your child's transport to and from school.
 - If your children use school transports, prepare them to always wear the mask and not touch their face with their hands without having them sanitized first. If they are young, tell them, they can't put their hands in their mouth. Make sure that they understand the importance of following the rules on board of the means of transport.
 - If they go by car with other kids, explain to them that they must always follow the rules: mask, distance, hand cleaning.

11. Reinforce the idea of physical distance, cleaning and face mask, always giving your own good example.

12. Learn about the rules adopted by the school for Physical Education and free activities (for example, breaktime) and the rules at the canteen, asking your child to respect them scrupulously.

13. Get informed how your school intends to introduce students to the good practices to reduce the spread of COVID-19.

14. Keep a stock of face masks at home so you can change them whenever you need to. Give your children a spare mask in their schoolbag, locked in a container. If you provide reusable masks, add a bag in which to store the used one, to take home for washing. If you use reusable cotton masks, they must:

- Cover nose, mouth and cheeks;
- Be fastened with laces to your ears
- Have at least two layers of fabric
- Be hand-washable or in the washing machine and be ironed (90-degree steam is an excellent natural disinfectant without contraindications).

15. If you provide your child with cloth masks, make sure that they are recognizable and cannot be confused with those of other schoolmates.

16. Train your child to put on and remove the mask by touching only the laces.

17. Explain to your children that at school they may meet classmates who cannot wear a mask. As a result, they must maintain the safe distance, keep their mask and follow the teachers' instructions.

18. Make sure your children know that they should not place the mask on any surface or get it dirty.

19. If you have little children, prepare them to the fact that the school will look different (e.g. distant desks, teachers who maintain physical distances, the possibility of staying in the classroom for lunch).

20. After returning to school, try to find out how your children feel and how they deal with the novelties. Help them to process any discomforts, pay attention to any signs of excessive concern or sadness, which can be signs of anxiety.

Be sure not to be yourself too much involved and anxious to protect your child.

21. If you can, attend school meetings, even at distance if necessary: being informed and aware may help reduce anxiety and worries.

22. If your child needs special treatment, in case of emergency at school, tell your doctor to write suitable instructions which will have to be communicated to the school.