



ST. JAMES' SCHOOL

COVID; A GUIDE FOR PUPILS

1 KNOW THE COVID SYMPTOMS

- A new continuous cough
- High temperature
- A loss of, or change in your usual sense of taste or smell

2 BUBBLES

St. James' is divided into the following six bubbles:

Nursery & Reception
Prep 5 & Prep 6

Prep 1 & Prep 2
Years 7-9

Prep 3 & Prep 4
Years 10-13

3 SOCIAL DISTANCING

Whenever possible try to maintain at least a 1m distance from other people.

We are aiming to *minimise* contact between individuals

4 FACE COVERINGS

Face coverings should be worn when:

- transitioning between lessons
- when indoors during wet break/lunch
- using School Minibuses

Pupils may wear face coverings at any other time they wish to.

5 HYGIENE

You **must** sanitise your hands on arrival at school.

Wash your hands regularly, and re-sanitise between each lesson, after break, and both before and after lunch.

6 TRAVEL & QUARANTINE

All pupils and visitors arriving at St. James' will be screened regarding any recent travelling.

Where necessary, pupils will be required to self-isolate before being allowed to integrate with the other boarders and the school community. This can only be accommodated at St. James' at the beginning of an academic term.

The 'Safe List' of travel corridors changes regularly. Boarders should plan ahead for half-terms and holidays, considering that remaining in the UK may be safer. Host Families can be arranged with sufficient notice.

7 SUPPORT & WELLBEING

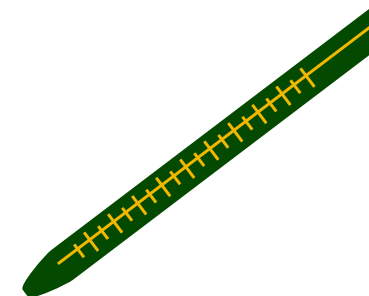
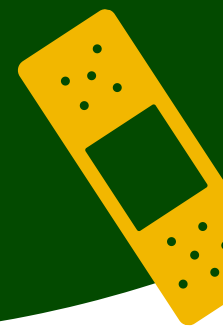
We are here to support you if you are anxious or unsure of anything COVID related. Speak to your Form Tutor, Head of Section or the School Nurse.

IF YOU FEEL UNWELL

Report to the School Nurse immediately

If you believe it to be COVID:

- use outdoor routes to the Medical Room if possible
- wear your mask
- keep 2m from other people, or if this is not possible, MAXIMISE separation



RECOGNISING COVID; COMPARISON WITH COLD & FLU



ST. JAMES' SCHOOL

Recognising Coronavirus (COVID-19) Symptoms



Symptoms	Covid-19 Symptoms range from mild to severe	Flu Rapid onset of symptoms	Cold Gradual onset of symptoms
Fever (37.8C or above)	Common	Common	Rare
Fatigue	Sometimes	Common	Sometimes
Cough	Common (usually dry)	Common (usually dry)	Mild
Sneezing	No	No	Common
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Sometimes	Common
Sore throat	Sometimes	Sometimes	Common
Diarrhea	Rare	Sometimes (for children)	No
Headaches	Sometimes	Common	Rare
Shortness of breath	Sometimes	No	No
Loss of taste or smell	Common	No	Sometimes

Common symptoms are highlighted in green as a comparison.
For more information visit:
www.nhs.uk/conditions/coronavirus-covid-19/symptoms

