



Y Pant School

Return to School Covid-19 Student Handbook

SEPTEMBER 2020



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Questions about returning to Y Pant

What day should I return to school?

The plan for the return to school is as follows:

Tuesday 1 st September	INSET Days
Wednesday 2nd September	
Thursday 3rd September	Years 7, 11 and 12 ONLY
Friday 4th September	Years 7, 10, 11, 12 and 13 ONLY
Monday 7th September	All year groups

Do I have to attend school?

While attendance in the last 3 weeks of the summer term was optional, from September it is expected that all students attend school. There will be Home Learning plans for students that do not attend school.

If students have a shielding letter, then the current advice is that they should not attend school. If it applies to your child, please contact your child's Head of Progress and advise them. Their email addresses can be found further in this booklet and online at: <https://ypant.co.uk/pastoral-support/>

Will the school buses be running?

School transport will be running as normal from September. For Year 7 students, you should be sent a temporary bus pass through the post. For all other year groups, use the bus passes that you used during the last school year, these will still work.

If you have any queries about school transport before we return to school, please contact the local authority.

Will the breakfast club be running?

Unfortunately, catering will not be available before school. The breakfast club will not be running for the foreseeable future.

How should I get to school?

You should arrive to school on your own (arriving with your brother or sister is fine) and keep to the 2 metre social distancing rule.

The school gates will not open until 8.15am so if you arrive before then, you will have to queue down the drive. Please bear this in mind – we cannot allow any students on through the school site until 8.15am, even if the weather is bad.

Student arrival will be staggered onto the school site:

Up to 8.10	Arrive by school bus.
8.10 – 8.20	Arrive by car.
8.20 – 8.30	Arrive if walking or cycling to school.

What will happen when I arrive at school?

When you arrive at school, you will be guided down the drive by staff and you will enter the school by one of five entrances.

When you arrive at school, you will enter the school building by two entrances depending on which classroom you will be in for Lesson 1.

Your class for Lesson 1	Entry by	Entrance Name
G1 – G22	Ty Bwyta entrance	Entry 1
F4 – F17	Fire door between G2 and G3	Entry 2
F1 – F3 & F18 – F32	Fire door on Technology Corridor, walk down the North Road	Entry 3
DG1 – DG7	Door by Music Rooms	Entry 4
DF1 – DF6	Side door by the Drama Yard	Entry 5

There will be plenty of staff on duty to help you if you are unsure or lost, so please ask one of us for help. We appreciate it may be confusing for the first couple of days.

Students will need to keep 2 metres while queuing to enter. Your temperature will be taken by a member of staff and then you will be asked to sanitise your hands and then you will make your way to lesson 1.

I'm in Year 7, where should I go on my first day?

Walk down the drive and the teachers will show you to the Main Hall where Mr Browne (Head of Year 7) & Mr Beckett (Assistant Head of Year 7) and your form teacher will be there to greet you.

I'm in Year 8-11 but I can't remember where my form class is?

Go to your form room – the same as last year. Your Head of Progress will email your year group with information about where to go when you return. Some form classes may have changed so please check your Gmail accounts.

What will the school day look like?

8.30 – 9.30	Lesson 1
9.30 – 10.45	Lesson 2 (including a staggered 15-minute break)
10.45 – 11.45	Lesson 3
11.45 – 13.50	Lesson 4 (including a staggered 35-minute break)
13.50 – 14.50	Lesson 5
14.50 – 15.50	Lesson 6 (only for sixth form students)

What will my timetable look like?

Your timetable will be the 'normal' timetable that you studied before Covid-19.

Your timetable will be given to your by your form teacher when you return to school.

Teachers will stay in their classrooms and students will move around the school as was your 'normal' timetable before Covid-19.

You must move around the school quietly in single file following the one-way system.

All students must follow the 'one-way system' to make sure everyone is safe as we all move around the school.

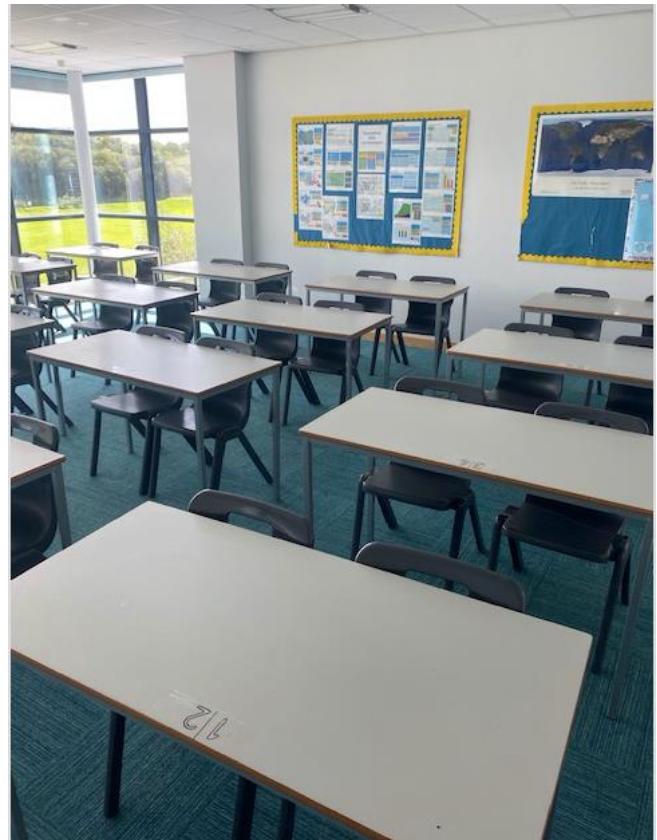
Will we be able to mix with other students?

You will be in a 'year group contact group' so you will be in lessons with students from year group and during breaktimes you will only mix with students in your year group (breaks will be staggered for different year groups). This is following Welsh Government guidance to limit the amount of contacts that students have each day.

What will my classrooms be like?

All classes will be set out so that all students are sitting forward. In ICT rooms plastic screens will be installed allowing all students to be seated.

You will be sat in alphabetical seating plans for all your classes. Tables will be clearly numbered (1, 2, 3, 4 up to 32) and you will sit in that seat for every lesson you have in that classroom. The reason for this is so that we may need to identify where students have sat for contact tracing should the need arise i.e. there is a coronavirus case in school.



What are the school expectations of students?

Our school expectations is that students are 'Ready, Respectful, Safe' and in addition to our usual behaviour policy, we have the following school rules:

- Pupils must be respectful of others personal space at all times and try to maintain a metres distance at all times
- Pupils should not touch one another
- Pupils should adhere to the one-way system in place around the school and ONLY use the areas designated to them. All other areas are out of bounds
- Pupils must walk around corridors in single file
- Pupils should utilise hand sanitiser at designated spots around the school
- Pupils must not gather in large groups inside or outside the school
- Pupils should report to school with the required equipment
- Pupils must stop and wait when asked
- Pupils should not attend school if they are unwell or if anyone in their families have Covid-19 symptoms
- Pupils must wash their hands for 20 seconds – all pupils must do this throughout the day.
- Pupils should cough and sneeze into their elbow
- Pupils should place all tissues into the designated pedal bins
- Pupils should avoid touching their eyes, nose and mouth
- Spitting is prohibited

If a student chooses to behave in a way that undermines the safe running of the school, they will not be allowed on the school site to make sure that all staff and students are safe.

What should I wear to school?

It is expected that all students will wear full school uniform in line with our uniform policy found here: <https://ypant.co.uk/uniform/>

On the days that you have PE, you can come into school in a pair of trainers, blue or black full length jogging bottoms and your white PE shirt (with Y Pant logo), and your school jumper.

What should I bring to school?

We will not be able to give students any equipment and you will not be able to borrow from a friend so you must bring the following equipment:

- Pens
 - Pencils
 - Pencil sharpener
 - Eraser
 - Ruler
 - Protractor
 - Compass
 - Calculator
 - Art materials (for Year 12 Art student only)
-
- Exercise books or booklets for the subjects that you have for that day.
 - A water bottle
 - A bottle of sanitiser and a small packet of tissues (there will plenty of soap and water plus sanitiser around the school but it will be helpful if you also had your own).

What will inside the school look like?

The school has been clearly marked with social distancing signs and there is a one-way system for students to move around the school. To support you moving around the school there are floor markers 2 metres apart to ensure social distancing is observed.



Will I have a break in the day?

There will be two breaks throughout the day.

One break during Lesson 2 which will be a staggered 15-minute break.

The second break will be during Lesson 2 which will be a staggered 35-minute break.

You will not be allowed to leave your classroom during lessons unless absolutely necessary. Students will have time during breaktimes to visit the toilet and to fill up your water bottles if you need to. Due to staggered breaks throughout the day, we need to minimise the amount of students out of lesson at all times.

Will food be available during the breaks?

Food will be available in Ty Bwyta during the breaks. You will need money on your account using the online school platform which can be found on the school website. No monies will be handled by the school but cheques can be handed to the catering team.

Will we be allowed outside at breaks?

Unfortunately, students will not be allowed outside during their breaks due to the need to maintain social distancing and limit the amount of contacts in the school day.

All breaks will take place in Ty Bwyta and the covered Courtyard. Students will be supervised by members of staff in these areas.



What about practical activities?

Practical activities, except in Art, will be suspended until further guidance is provided by Welsh Government. For the month of September, PE will involve outdoor fitness activities that do not involve sharing of equipment. In Art, equipment will be thoroughly cleaned before you use them. For subjects such as Science, teachers will carry out practical demonstrations for each class.

Will I be safe in school?

There will be cleaners on site in the day which will be cleaning the school especially the 'high touch' areas.

You will be asked to sanitise/wash your hands when you arrive to school, before break and after each break. (How to wash your hands properly:
<https://www.youtube.com/watch?v=aGJNspLRdrc>

You will be required to walk in single file using the one-way system between lessons and breaks.

As you enter a classroom and before using your workspace, you will need to sanitise and then spray and wipe your own workstation using the cleaning resources in the classroom. At the end of the lesson, you will need to spray and wipe down your workstation and then sanitise before leaving the classroom.

Will I need to wear a face covering?

You should wear a 3-ply face covering when in the parts of the school where lots of people come into contact such as entering and leaving the school, and in the corridors.

You will not need to wear a face mask when in class or at break.

You must not touch the front of your face covering during use or when removing them. You must wash your hands immediately on arrival at school or home, dispose of temporary face coverings in a covered bin or place re-usable face coverings in a plastic bag for washing.

The school advocates the use of reusable or biodegradable face coverings.

What if I become ill during the day?

First Aid will be given if you become ill. If you show Covid-19 symptoms, your parents will be contacted and you will be kept in a classroom until they arrive to collect you.

What will happen at the end of the school day?

At the end of the day, each class will be dismissed one at a time. Your teacher will escort you from your classroom, through the building and down the driveway to ensure that everyone is safe as they leave the school site.

What will school be like for 6th formers?

Sixth Form students will be able to enter and exit the building around their lessons.

Caffi Bach will be open for Sixth Formers to purchase food and drinks but Sixth Formers are not allowed to purchase food from Ty Bwyta and Y Pantri. An ordering system will be in place so that hot meals can be served and collected from Caffi Bach.

If students cannot leave the school site for certain reasons such as catching a school bus home, they will have a designated area for study.

Year 13 students will use the library as a study area.

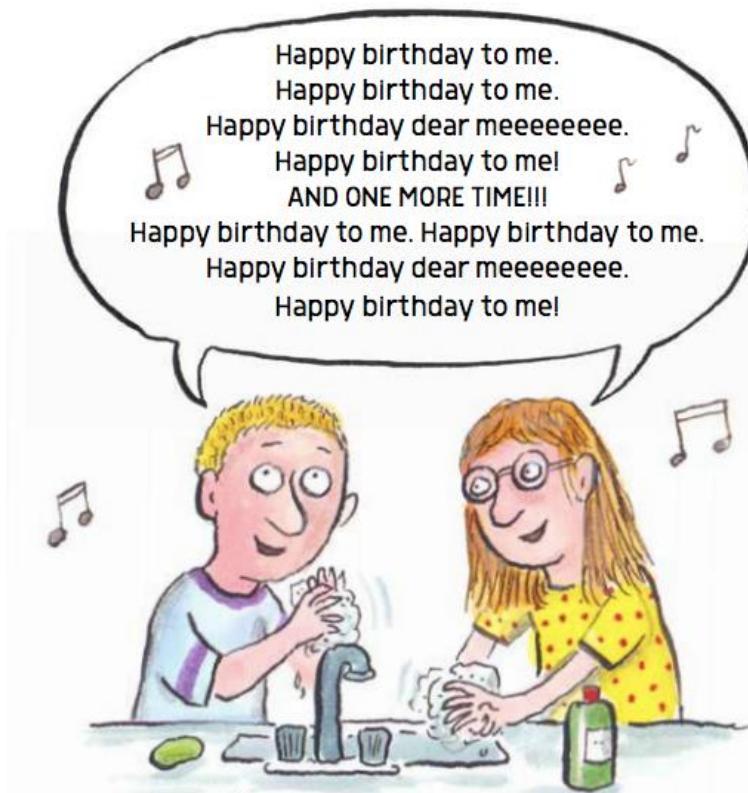
Year 12 students will use the ground floor as a study area.

Helpful videos about returning to school

How to wash your hands (NHS video)



Coronavirus book for children



Support for students

Year Group Support

Year 7	2025@ypant.co.uk
Year 8	2024@ypant.co.uk
Year 9	2023@ypant.co.uk
Year 10	2022@ypant.co.uk
6 th Form	sixthform@ypant.co.uk

Support outside school

Samaritans	Free call 116 123 Website: https://www.samaritans.org/?nation=wales
Anxiety UK	Free Call: 0344 477 5774 Website: https://www.anxietyuk.org.uk/

Childline	<p>You can talk anonymously and get support with all sorts of things like family worries, eating problems, self-harm, phobias, puberty, hobbies, and much more.</p> <p>Exam stress of eating problems, sexting or self-harm, relationships or racism. Childline has info to help you with all sorts of worries.</p>	<p>Free Call: 0800 1111</p> <p>Website: www.childline.org.uk</p>
Kooth	<p>Free, safe and anonymous online support for young people</p>	<p>Website: https://www.kooth.com/</p>
Young Minds	<p>This anonymous text service provides free, 24/7 crisis support across the UK. The service address issues such as: suicidal thoughts, abuse or assault, self-harm, bullying or relationship issues.</p>	<p>Free Text: 85258</p> <p>Website: www.youngminds.org.uk</p>
Meic	<p>Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will. We won't judge you and will help by giving you information, useful advice and the support you need to make a change.</p>	<p>Free Call: 080880 23456</p> <p>Text Free: 84001</p> <p>Chat online: https://www.meiccymru.org/</p>
Eye 2 Eye Counselling	<p>Eye to Eye Young People's Counselling Service offers free and confidential counselling to young people aged 10 to 25 years in schools and the community in Rhondda Cynon Taf.</p>	<p>Website: https://www.eyetoeye.wales/</p>

Wellbeing Apps

	<p>Smiling Mind was the brainchild of two mindfulness and meditation enthusiasts in Australia. They set out to make mindfulness and meditation accessible to everyone, whatever their budget, and wherever they might be. FREE to use.</p>
	<p>Happier was created to be a “personal mindfulness coach,” and to help you observe and regulate your emotions throughout the day while maximizing joy, peace, and happiness. It offers inspirational quotes, meditation exercises, a place to record things for which you’re grateful, courses on happiness and well-being, and an opportunity to communicate with likeminded people who are also using the app. FREE to use.</p>
	<p>The aim of The Mindfulness App is to make the practice of mindfulness accessible to everyone. Research has shown that many of the benefits of mindfulness and meditation happen with consistent practice, but many people struggle to remember or make time each day. This app offers gentle reminders throughout the day, guided meditations for both experienced and novice meditators (as well as those in between), and timers for those who prefer silent meditation. FREE to use.</p>
	<p>Breathe2Relax teaches diaphragmatic breathing, a technique that increases oxygen capacity that's been shown to lower the heart rate, lower blood pressure, and help relieve stress. This type of breathing can help people who are experiencing panic, anxiety, PTSD, or anger. The app features videos, reading materials, and ways for users to track their progress. FREE to use.</p>
	<p>Headspace is a great and simple app for beginning meditators looking to learn as well as more advanced meditators who want to deepen their practice. It offers meditation series that address various topics, like anxiety, stress, sleep, and physical exercise. Cost to use.</p>

10 Rules for Improved Sleep Hygiene

If you have problems sleeping, then it is important that you practise good Sleep Hygiene. This means doing things which are known to improve sleep, and avoiding those things which are known to disturb sleep. Here are 10 things you should know about getting better sleep; each of these points is based on scientific research, and could help you to get the most out of your sleep.

Remember, this advice applies only if you have a sleep problem:

- 1** Products containing caffeine (tea, coffee, cocoa, chocolate, soft drinks, etc.) should be discontinued at least 4 hours before bedtime. Caffeine is a stimulant and can keep you awake.
- 2** Avoid nicotine (including nicotine patches or chewing gum, etc) an hour before bedtime and when waking at night. Nicotine is also a stimulant.
- 3** Avoid alcohol around bedtime because although it can promote sleep at first, it can disrupt sleep later in the night.
- 4** Avoid eating a large meal immediately before bedtime, although a light snack may be beneficial.
- 5** Try to do regular (even mild) physical exercise if you are able, but avoid doing this in the 2 hours before bedtime.
- 6** Keep the bedroom calm and tidy. Select a mattress, sheets, and pillows that are comfortable.
- 7** Avoid making your bedroom too hot or too cold.
- 8** Keep the bedroom quiet and darkened during the night, but try to spend some time in daylight (or bright artificial light) during the day.
- 9** Keep your bedroom mainly for sleeping; try to avoid watching television, listening to the radio, or eating in your bedroom.
- 10** Try to keep regular times for going to bed and getting up.

Sleep Tips – Website and Video:

<https://www.aboutkidshealth.ca/article?contentid=647&language=english>

I'm a young person who is worried about the coronavirus - what advice can you give me?



Anna Freud
National Centre for
Children and Families

Most of us are feeling concerned about the uncertainty of the current situation, and this will include young people. That is completely understandable.

It's important that all of us to look to the people we trust to support us. For you, this might include your family members or carers, your trusted friends, and perhaps your teachers if you are able to contact them. Reach out to them to help you make sense of things - be open if you have fears and seek answers. Your questions may be specific and feel trivial, but that's fine. If face-to-face contact is not always an option, find other ways to connect with people, including using technology.

There is lots of information available at present, but some of it comes from more trusted sources than others. Finding your way through this with someone you trust can help you to feel more on top of things. Watching the news and spending time on social media may help to an extent (and particularly if social media helps you to connect with those who are important to you). But focusing on the continuous flow of information about coronavirus may be unhelpful, and may have the negative effect of making people more anxious. Stepping away from it at times makes sense for us all.

Young people are often fantastic sources of help to each other, and you may turn to your friends for support – as well as being able to offer your own support to others. Looking after each other, being kind to those around us, can certainly help us to feel better in an unknown situation. But also be mindful that some people may speak in a way which alarms others unnecessarily, so 'protect' yourself where you can from conversations which you sense are not helpful to you and others.

You may feel that your own mental health is being affected, and perhaps you already have mental health difficulties or are receiving treatment. Talk to those you trust, it's really important to us as human beings that someone else understands how we feel. Even when life is disrupted, stick to your routines where possible, stay in touch with your

close friends, and keep trying to do what you enjoy. All these things help give us a balanced sense of how we're feeling in ourselves. Perhaps ask your parents or carers to help you with this.

If there is a gap in your treatment, or it's disrupted in another way, talk to your parent or carer about what you're finding difficult and what could help you to feel better. This may be something practical, like making a call to a friend or listening to music. Ensure that a bit of this happens each day. It won't be a solution, but it may well help you through this time.

There is lots of advice on 'On My Mind', our website for young people created with young people: www.annafreud.org/onmymind. This includes our self-care resource with over 90 simple strategies that young people have told us help them when they are feeling low or anxious. There is also an urgent help page with a list of organisations that offer 24 hour support via text, phone and email.



For more information and advice about looking after your mental health during the coronavirus outbreak, visit www.annafreud.org/coronavirus

Advice from young people

Here are some videos from young people – click the picture for the video.

Aqib shares his self-care strategies



Phoebe, shares the self-care strategies which are helping her manage her mental health and wellbeing.



Grazia discusses how structure and routine helps her



Farrah shares how physical exercise helps her wellbeing



TOP 10 TIPS FOR RESILIENCE



Remain Positive

Look towards the future, think of what you want from life.



Establish Realistic & Achievable Goals

This helps give you focus.



Strategies

Plan your coping strategies. Don't be afraid to ask for help.



Identify

Identify your strengths and be confident in yourself.



Learn from Experience

Learn from experience and move on.



Introduce

Introduce a positive way of thinking. Focus on the good things in your life.



Enjoy

Make time to do the things you enjoy.



Needs

Take care of yourself. Keep healthy and fit.



Connect

Build healthy relationships with your family, friends and teachers.



Embrace Change

Don't dwell on the past. Put your energy into the present to shape your future.

Emotional check-in

This resource can help you express your feelings and also help you identify why you are feeling a particular day. When you are perhaps not having a good day, you can look back to the days when you did feel positive and refer to what activities made you feel happy. The dairy can also help you have conversations with your parents or friends to help you improve your wellbeing.

Calm Relaxed Happy Interested Excited	Surprised Confused Concerned Nervous Afraid	Cranky Bored Upset Angry Disgusted	Disappointed Hurt Sad Depressed
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Day:	Today, I am feeling	because
Day:	Today, I am feeling	because
Day:	Today, I am feeling	because
Day:	Today, I am feeling	because

Day:	Today, I am feeling	because
Day:	Today, I am feeling	because
Day:	Today, I am feeling	because
Day:	Today, I am feeling	because
Day:	Today, I am feeling	because
Day:	Today, I am feeling	because

Coping Skills wheel

This coping skills wheel is a visual tool for pupils to help them with independent management of anxiety and self care. Activities have been suggested as prompts for students during moments of difficulty, but we have also left space for children to fill in their own activities which they know support their wellbeing.



Important contact details

If you have any concerns or questions, please use the following details to contact us:-

Phone
01443 562250

Address
Cowbridge Road,
Talbot Green,
Pontyclun,
Rhondda Cynon Taff
CF72 8YQ

Fax
01443 229248

Twitter
@YPantSchool

Instagram
Y_pant_school

Email
admin.ypantcomp@rctcbc.gov.uk

Further Information

Latest School Inspection Report
www.estyn.gov.wales

School Website
www.ypant.co.uk

