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21 September 2020

Welcome to this week's Safety and Wellbeing Newsletter

Firstly, please remember our golden rules:

- Stay in your teaching bubble
- Wear your face covering when moving around the site
- Wash your hands frequently
- Do not wander around the site
- Remember your social distancing

By now you will have been briefed by your teachers about the rules we have in place to keep you and others safe on our sites and wherever else you're learning. We want to understand how much you're aware of these rules, so please complete our very short survey.

The rest of the newsletter is a really important reminder of how the current rules and guidance affect you so please take the time to read it and to follow the guidance. Remember we are here to help you stay safe and well..

Helen Richardson-Hulme
Assistant Principal, Student Services

Staying alert and safe – social distance guidance for students

The Government has issued new guidance for students on social distancing. The full guide can be found [here](#) and below are a few key principles for you to be aware of and follow:

1. Protecting different groups of people

If you live with someone who is clinically extremely vulnerable then you should be especially careful to follow the guidance on staying alert and safe.

2. Social distancing and avoiding close contact

You must not meet in groups of more than SIX when meeting with people outside your household.

3. Handwashing and respiratory hygiene

- Wash your hands regularly with soap and water
- If soap and water is not available, use hand sanitiser
- Avoid touching your eyes, nose and mouth
- Avoid any contact with people who have symptoms of coronavirus (they should be isolating if they have symptoms)

4. Face coverings

You must wear a face covering at all times on public transport and when inside a shop or supermarket.

Face coverings are not a replacement for social distancing and regular handwashing. You are strongly advised to wear a face covering in public spaces where social distancing is difficult, and you will come into contact with people from outside your household or [support bubble](#).

If you can, you should also wear a face covering when you are inside crowded indoor public spaces where social distancing isn't possible such as places of worship, cinemas, theatres and entertainment venues.

You should be prepared to remove your face covering if asked to do so by police officers and staff, such as border control or airport security, for the purposes of identification.

You should thoroughly wash your hands before putting your mask on and after taking it off.

5. Symptoms of coronavirus

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough, meaning coughing a lot for more than an hour or experiencing three or more episodes of coughing in a day
- a high temperature
- a loss of, or change in, your normal sense of smell or taste (anosmia)

For most people COVID-19 will be a mild illness. However, if you have any of the symptoms above you should tell your parent, guardian or carer and self-isolate at home straight away and get tested. Anyone who has symptoms of coronavirus can get a free test.

NHS Test and Trace

If you or someone in your support bubble is contacted as part of the NHS Test and Trace programme, the person contacted should stay at home. If that person becomes symptomatic, then everyone in the support bubble should then isolate.

6. Looking after your wellbeing and keeping in contact with family and friends

Everybody has mental health. Good mental health means being able to think, feel and react in the ways that you need to live your life. Most of us are having to manage changes to our mood or feelings at this time. Some of these feelings are part of normal mental wellbeing and can be managed through day to day actions and support from friends or family.

There are lots of things you can do to help look after your mental and physical wellbeing during this time. There are some simple things that you can do to help your physical and mental wellbeing, including:

- trying to eat healthy meals and drink enough water
- spending time outside exercising, playing sport or simply relaxing.
You should keep two metres away from anyone from outside your household or support bubble at all times. Look for ideas for exercise and [10 minute workouts](#) from Public Health England or on the NHS website. Ideally only you should use your own sports equipment but if you are sharing a ball or other equipment with someone else, wash your hands before and after use.
- growing and looking after plants indoors or outdoors, if you have space
- limiting your time reading the news or being on social media, as this can make you feel more worried or anxious
- if you live across two families, because, for example, your parents live in different homes, you can continue to move between both

Activities that other students have found helpful include

- keeping in touch with friends and family. This might be in person or on the phone, text, online or via video messaging and calling apps, so you can see their faces
- learning a new skill
- reading, doing puzzles or playing games
- doing art or creative projects
- listening to music, learning a new dance or song
- cooking and baking for yourself, family or friends
- spending time doing volunteering and social action
- being active such as going for a walk, run, bike ride, swim, skateboarding or using a gym. You can do this with friends but you should keep two metres away from anyone from outside your household or support bubble at all times

Keeping on top of college work If you are finding it difficult to do any college work you have been set, you should speak to your teachers.

7. Going to work, education or childcare

Whatever your circumstances, you can attend college from the beginning of the autumn term.

8. Advice for carers

If you are caring for someone who is vulnerable, there are some simple steps that you can take to protect them and to reduce risk, including practising good handwashing and personal hygiene. You can find out about sources of support and access further advice at [Carers UK](#).

9. Getting the care that you need

Despite coronavirus changing the way that health care works, it is still very important that you get the care you need.

The normal care you receive may have changed or been delayed. Where possible, your health care service should be able to carry on over the phone or online. If this hasn't happened and it is causing you stress or your health is getting worse, contact your GP.

If you or someone in your household begins to feel unwell for any reason or hurts themselves, you should:

- use telephone or online services to contact your GP. Do not go in person unless they ask you to
- get advice from [NHS 111 online](#) for issues that aren't an emergency
- phone 999 in an emergency

If you do not have coronavirus symptoms, you may also wish to speak to a pharmacist at your local pharmacy.

10. Following the law

The law sets out clearly what you must and must not do – every person in the country must follow this law.

How to get help at College

Talk to our Wellbeing Team

If you feel you need to talk over a concern or problem, we can offer you one-to-one confidential advice and support by appointment. Contact us by email at wellbeing@ccn.ac.uk and we will get in touch with you to offer you a telephone appointment. This is for all students.

Contact our Safeguarding Team

If you feel that you or a friend needs help to keep safe from harm, please tell us. We will always respond, and we are here to help you.

Contact a member of the Safeguarding Team by email at safeguarding@ccn.ac.uk or to call Safeguarding:

- Mobile number for Norwich and Paston 07795 487645
- Mobile number for Easton 07772 785346

Safeguarding members of staff: our Safeguarding Officers are Marie Pacey and Sam Warner. Designated Safeguarding Leads are Corrienne Peasgood, Jerry White, Julia Bates, Jacky Sturman and Helen Richardson-Hulme.



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