

Dear parents/carers

After a difficult time for all we are pleased to have children and young people back at school. Schools are closely following guidance to try to stay open, safe and COVID free. These are things that you, as parents and carers, can do to help:

### When dropping off or picking up children

- Please stay 2 metres away from other families/households. Close contact and large groups help spread coronavirus and could lead to an outbreak in school.
- To help stop crowding at the school gates, only one adult per family/household should be dropping off or picking up children.
- If your child can walk safely to and from school without an adult, or be dropped off and met at a safe distance from school, please let them. This will make physical distancing easier for those who have to accompany their child.

### When talking with your child or young person about coronavirus

- Please talk to your child about regular hand washing, covering their coughs and sneezes, and physical distancing (for older young people, and adults). See [NHS Inform](#) for a reminder of how to keep yourself and your family safe.
- Older young people might need reminded to physically distance, especially when outside their class, year group or 'bubble'.
- When not in school, children and young people should wear face coverings when they are in enclosed public places. Face coverings in school are optional.
- Places where young people need reminded to physically distance include play parks, shops and parties. House parties have been linked to outbreaks and are strongly discouraged.

### If you have been on holiday, or if anyone in the household has symptoms

- Please don't send your child to school with symptoms which may be coronavirus (a new persistent cough, and/or a high temperature, and/or a loss or change in taste or smell).
- If your child or anyone in your household has symptoms you should ALL stay at home. Find out how to organise a COVID test on [NHS Inform](#) or phone 0800 028 2816. If your child has symptoms but tests negative they can return to school once they have had no symptoms for 48 hours and are feeling better. Please show the teacher the negative test result. This helps monitor cases and keeps the school community safe and reassured.
- If you return from an area with quarantine restrictions keep your child off school and stay at home for 14 days. A negative COVID test will not shorten quarantine as it doesn't show if you or your child will develop the virus. Updated travel information is on [gov.scot](#)

Thank you. By working together we can help keep our schools open and safe.

**Yours sincerely**



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