



Dear Students

The Coronavirus COVID-19 situation continues to evolve and will likely to do so for many months to come. As a student during this time, we are aware of the impact the pandemic is having on your time at school, with many excursions, camps and other activities having to be cancelled or postponed. Our focus at John Forrest is to maintain our teaching and learning programs and continue to provide a safe, healthy and calm environment for your education. There is a poster available [here](#) with the information below.

For this to happen we need to maintain good health. There are a range of strategies that we ask all John Forrest community members to observe over the coming months to protect our own and each other's health.

Good Hygiene

- Wash your hands with soap and water before and after eating, before food preparation, after going to the toilet, after sneezing, after using shared equipment eg keyboards, workshop materials, lab equipment.
- Cough and sneeze into a tissue or bent elbow. Dispose of used tissues immediately.
- Wash your hands with soap and water.
- Avoid touching your face (eyes, nose, mouth)
- Wash your hands after using shared equipment eg keyboards, workshop materials, lab equipment.

Social Distancing

- Respect each other's personal space – maintain one metre distance where possible.
- Avoid unnecessary physical contact – handshakes, hugs, high fives etc
- Avoid unnecessary social gatherings
- Do not share drink bottles, food, stationery
- Bring all your own equipment (laptop, safety glasses etc) to limit using shared equipment.

Maintain a Healthy Lifestyle:

- Eat a healthy, balanced diet
- Maintain regular exercise
- Get sufficient sleep

Stay away from school:

- If you have been diagnosed with corona virus
- If you have been advised to self-isolate following exposure to the virus.
- For two weeks after you have travelled overseas.
- If you have cold or flu-like symptoms
- If you have any other contagious illness.

We are faced with constant media coverage about the coronavirus. Some of this is factual, from reliable sources. Much of it is incorrect or exaggerated and can contribute to a heightened state of anxiety in an already difficult situation. We recommend that you limit the time that you spend viewing coverage and that, if you do require information, you seek it from a credible source such as the Department of Health, WA.

Students are experiencing a range of feelings about the current situation. It is normal to feel sad, stressed, confused or scared at this time. The impact of the coronavirus will be felt differently by each individual, depending on their personal and family circumstances. It is important that you talk to people you trust who can help you to understand and manage these feelings. The staff at John Forrest are here to support you with your concerns. If you have particular concerns that you want to discuss, go to Student Services, your Year Coordinator or another trusted member of staff.

It is important during this time that we are kind to each other, that we remember to keep things in perspective and we look after our health and hygiene to protect ourselves and others.

Kind Regards

Ms Trees
Deputy Principal

19 March 2020



Maintain Good Hygiene

Wash your hands with soap and water...

Before and after eating

After using shared equipment eg keyboards, lab equipment

After going to the toilet

After coughing or sneezing

Before food preparation

Cough and sneeze into a tissue or bent elbow. Dispose of used tissues immediately.

Avoid touching your face (eyes, nose, mouth)

Maintain a Healthy Lifestyle

Eat a healthy, balanced diet.

Maintain regular exercise.

Get sufficient sleep

Social Distancing

Respect each other's personal space – maintain 1 ½ metre distance where possible.

Avoid unnecessary physical contact – handshakes, hugs, high fives etc

Do not share drink bottles, food, stationery

Avoid unnecessary social gatherings

Bring your own equipment to limit using shared equipment eg laptop, safety glasses

Stay away from school:

If you have been diagnosed with Coronavirus

If you have been advised to self-isolate following exposure to the virus.

For two weeks after you have travelled overseas.

If you have any other contagious illness.

If you have cold or flu-like symptoms.