

Tuke School Spring Term 2020 Newsletter

Celebrations & Events

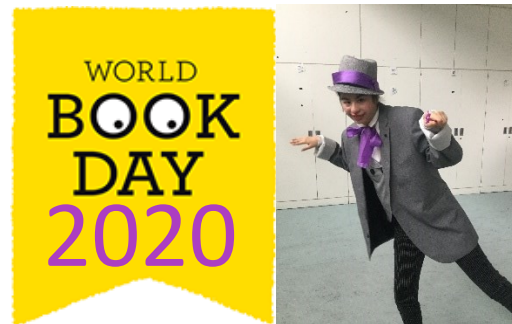
Valentines Day



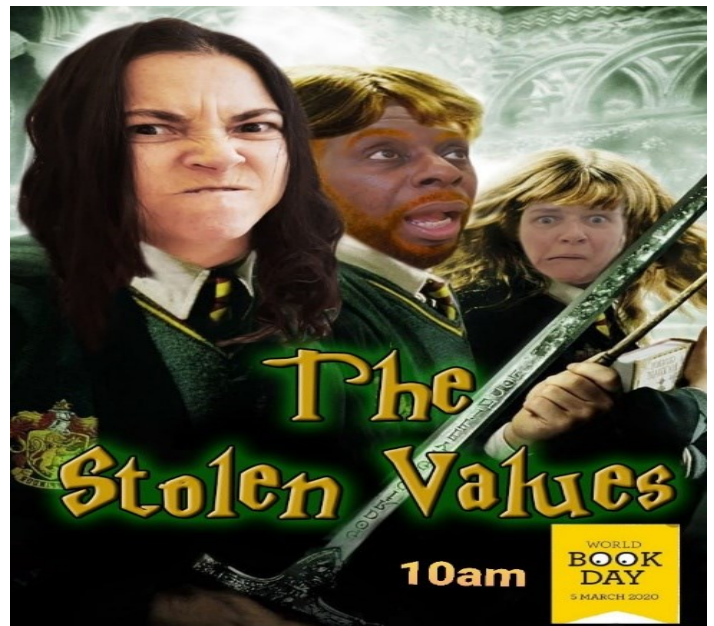
ACHIEVEMENT AND PRIDE



Wanted to say a huge thank you for your donations at Christmas last year, you all contributed to 40.76kg of food that was donated in total and the scheme was overwhelmed by Southwark residents generosity and compassion.



**WORLD BOOK DAY THURSDAY 5TH
MARCH WIZARDS MAGIC AND SPELLS.**
WE ALL HAD A BRILLIANT THURSDAY READING STORIES IN THE LIBRARY, LISTENING TO PODCASTS AND JOINING IN WITH BAG BOOK TALES. YOUR COSTUMES WERE MARVELLOUS. THANK YOU ALL FOR YOUR CONTRIBUTIONS TO AN EXHILARATING DAY. SPECIAL THANKS TO PAUL, KATRIN & TINA FOR DEVISING WRITING AND PERFORMING THEIR WONDERFUL SHOW THE STOLEN VALUES...



CORONAVIRUS (COVID-19)

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. Symptoms of coronavirus (COVID-19) are a cough, a high temperature and shortness of breath. Simple measures like washing your hands often with soap and water can help stop viruses like coronavirus (COVID-19) spreading.

What is social distancing?

Social distancing essentially refers to measures taken to minimise the contact between people to avoid cases of the virus being spread.

Social Distancing:

What does it mean?

It means stay away from places where people gather, avoid mass gatherings, and whenever not possible, maintains a distance of at least one metre from each other.¹ Together we can help to slow the infection from spreading away.

Red Light – Avoid / Don't Do

- All gatherings of religious, commercial, official or personal nature (e.g. market/mall, cinema, meeting/conference, wedding, party/picnic, tuition, gym/yoga, dancing etc.) involving a sizeable and flowing crowd
- Social visitors or non-essential workers in your house
- Non-essential visitors in the workplace
- Non-essential travel in public transportation

Yellow Light – Do with Caution

- Attend private gatherings limited to a few family members or known friends
- Travelling in a private transport (public transport only if it is a NECESSITY)
- Visit a local restaurant BUT choose the open-air type, sitting with at least one metre apart whenever possible (takeaway food is a better choice)
- Buying in a grocery store or supermarkets without a crowd
- Pick up medicines from the pharmacy without a crowd
- Play sports in the open air with family or a few known friends

Green Light – Safe to Do

- Take a walk or jog in open park or stadium
- Cycling
- Play in the home garden, or go for a fun drive with family
- Read a book or listen to music in private
- Play games or watch TV/movie at home
- Home cooking and meals at home

➡ Wash your hands frequently with soaps and water, or alcohol-based hand rub.
➡ Best to do thing online whenever possible (e.g. Video chat, e-payment, internet games, or chat over a phone).

1. * World Health Organisation, March 2020.*

Stay at home if you have coronavirus symptoms

Stay at home if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital. You do not need to contact 111 to tell them you're staying at home. Testing for coronavirus is not needed if you're staying at home.

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days. If you have to stay at home together, try to keep away from each other as much as possible.

Urgent advice: Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days