



ST ANDREW'S
CATHEDRAL
SCHOOL
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Junior School and Gawura

Return to Schooling Road Map

2021 Term Four - Parent Guide

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Sydney Square, Sydney

heart
mind
life

SACS JSGS Return to School Roadmap

Information for Parents

Staged Return (Level 3 plus)

Term 4 2021

Dear Parents and Carers,

This document sets out important information in relation to the re-opening of St Andrew's Cathedral School in mid-October 2021 and I hope that you find it helpful and reassuring.

Our highest priority is to ensure the safety of everyone – students, staff and parents – while continuing to provide a quality teaching and learning. This plan is based on the most up-to-date guidance from the NSW Government and includes advice from the Association Independent Schools (AIS).

We have also drawn on best practice from education systems around the world and continue to be guided by our risk management framework and assessment of health and safety considerations specific to our context.

This document outlines the changes which will be implemented from the 18 October as we phase back to face to face teaching and learning. We are committed to continuing to provide quality learning for students at home and at school, we will strive to ensure it is achievable and sustainable for all. We hope this is for a few weeks, however, are prepared for this to be the new norm going forward, for some time to come. We seek to be able to offer stability and assurance to our parents and students. We will continue to provide excellent teaching and learning as befits the school's intention of being an outstanding school.

It is important to note that continued flexibility and adaptability will be required in the coming weeks as we navigate the challenges ahead, however, I am confident that we will do so successfully.

I am aware that while this document seeks to be comprehensive, it may not answer every question and you are welcome to raise further queries with us as required.

The strength of our school community has been clearly evident throughout the last term and I am genuinely grateful for your ongoing support.

Kind regards

Rhonda Robson
Deputy Head of School (Primary)

Rationale:

The new *Phased Return to School (Level 3 plus) Plan*, has key requirements stipulated in government documentation entitled **Return to School Roadmap**:

Please find below a link to the Government guidance regarding the re-opening of Schools.

<https://education.nsw.gov.au/covid-19/advice-for-families>

Note that there may be changes to government advice over time. We will work with the latest advice and update our guidance as appropriate.

Key Principles

The five principles set out below have shaped all decisions which have been made by the School.

1. Safety

All decisions have been taken with the safety of our students at the forefront of our thinking. The impact of decisions on long-term physical and mental well-being has been given significant consideration alongside our short-term planning.

2. Simplicity

Reopening a full K – 12 school is a complex undertaking with many parts working together, overlapping or in sequence. Whilst complex, we have aimed to ensure that the measures we are putting in place are as simple as possible and can be easily explained.

3. Compliance

All decisions have been made in light of current NSW Government guidance, supported by advice from our association, the Association Independent Schools (AIS). As the situation changes, our policies and decisions will be updated to reflect this.

4. Personal Responsibility

We are seeking to embed a culture where every individual takes responsibility for minimising the risk of spreading COVID-19. All students and staff will play a part to contribute to the adjustments required as we return toward a sense of normality.

5. Support

In this time of heightened anxiety – for students, parents and staff – the School will seek to support all parties positively and consistently.

Health & Safety and Hygiene

A wide range of additional measures have been put in place to ensure that everyone – students, staff and parents – adhere to scrupulous health and hygiene during this period. These measures are in line with government guidance and are as endorsed by NSW Health.

It is essential that every member of our community takes personal responsibility and observes the rules and regulations to protect others as well as themselves. We have developed a range of resources to help individuals to understand expectations of behaviour as well as the adjustments that have been put in place from the start of term.

These include:

1. Enhanced cleaning across the site

The School continues to implement additional enhanced cleaning. The cleaning of touch points such as door handles will be continuous throughout each day. Careful consideration has been given to the cleaning products used as well as to the use of spaces e.g. classrooms.

Protocols have been drawn up for teaching staff to follow in relation to ensuring that teaching spaces remain hygienic throughout the day. Equipment and items used during the day will be cleaned using wipes on a regular basis.

The ‘catch it, bin it, kill it’ message remains very important and will be emphasised with students and staff. We have purchased additional sanitising resources as needed.

We will all need to play our part to help keep our school clean and staff and students will be educated on how best to do this.

2. Social distancing

Students will operate in their cohorts, class /year groups:

- Large gatherings e.g. Chapel will continue to happen remotely
- Contact across Year groups will be minimised
- One-way systems in stairwells and using the left and right-hand side of corridors will be implemented where practical
- Signage around the school will act as reminders

3. Hand Hygiene

Washing with soap and water is an effective way to kill COVID-19 when it is on the skin. All staff and students will be required to wash/clean their hands regularly, including at the start of the school day, before and after playing. Hand-sanitiser has been placed at key locations throughout the School. Good hand hygiene is seen as one of the most important and effective ways of stopping the spread of the virus.

4. Face Masks

All staff must wear masks (covering the nose and mouth), inside and outside, and children are *strongly encouraged* to wear masks. Students should provide their own face coverings.

5. Health Centre and Isolation

We are fortunate to have a well-staffed Health Centre with accredited nurses who are on duty during term time. Staff or students who have even the mildest cold or flu like symptoms are not to attend school. Any student presenting with such symptoms will be sent home and will require a negative COVID-19 test prior to returning.

If we are informed of a positive COVID-19 Case, the School will follow a Pandemic Plan based upon the advice of NSW Health. In accordance with current government guidance, individual schools must identify the appropriate group to self-isolate in the event of a student showing symptoms of COVID-19. We will make decisions about who must isolate based on the most up-to-date government advice at the time.

Teachers will support students who are remote learning in isolation. Any member of staff who is unwell, will be required to stay at home until a negative COVID-19 test result has been received.

<https://www.nsw.gov.au/covid-19/health-and-wellbeing/symptoms-and-testing>

The symptoms of COVID-19 include:

- Headache
- High temperature (over 37.8 Celsius)
- New, continuous cough and sore throat
- Loss or change to sense of smell or taste

6. Wellbeing

The wellbeing of students remains of paramount importance and students have a wide range of staff that they can turn to for support, including their class teacher, Mr Wu (Deputy Head), Mrs Wake (Coordinator of Wellbeing). A programme of Wellbeing lessons will continue to run in order to provide support and education to pupils.

7. Ventilation

Recent research into the virus has increased understanding of how droplets are spread in the air. A key aspect of managing this is good ventilation throughout the site.

Accordingly, SACS has reviewed ventilation in both SAH and BBC, including seeking advice from a mechanical engineer, with a view to improving air flow and air filtration. A number of measures are in place, including improving air conditioning filtration and fresh air intake, and opening windows where it is safe and effective. Other ventilation options are currently under review including the use of CO2 sensors and portable HEPA filtration units. Recess and lunch times will be staggered to limit the number of students at any one time on the roof top, students will learn and play within the year groups.

Staged Return Roadmap (Level 3 Plus) When stay-at-home rules are still in place, but other community vaccination and transmission conditions are met, students will return to school in a staged way. This is a staggered return for **prioritised cohorts**, with no mingling or on-site extra curricula activities.

Students will return in the following order:

Grades	Commence	Date	Arrive	Commence	Depart
K – 6 (same timetable as Term 3)	Weeks 1 & 2	6 October – 15 October	Children of essential workers @ School 8.45am to 3.00pm		
K & 1 (slight changes to the Remote Learning timetable for Years 2 - 6)	Week 3	October 18	From 8am to 8.15am	8.30am	2.30pm
Year 2	Week 4	October 25	From 8am to 8.15am	8.30am	2.30pm
Years 3 & 4	Week 4	October 25	From 8.15am to 8.30am	8.45am	2.45pm
Years 5 & 6	Week 4	October 25	From 8.30am to 8.45am	9.00 am	3.00pm

**Staff will be on duty in the foyer to guide students within their cohorts. Only Junior School and Gawura students will enter the foyer and utilise the lifts. Secondary School students will enter the building through the stairs on Kent Street. Start and finish times will be staggered, to minimise mixing amongst student cohorts.*

Please Note: There will be slight changes to the Remote Learning Timetable for Weeks 3.

Other Implications of On-Site Classes

Uniform	Students should wear Full Summer Uniform to school (Monday, Tuesday, Wednesday and Friday). Students to wear their Sports Uniform each Thursday, as per normal routine, from Monday 18 October, whether at home or at school.
Hair	The School is understanding of the students' inability to be able to conform to the School's expectations for haircuts and hairstyles, we will show grace until Monday 15 November, when it will be expected that hairstyles are compliant.
Parent and visitor access	Parents and non-essential visitors are not permitted on school sites. Any essential visitors are by appointment only and must sign in using the Service NSW Health Code. Online meetings are encouraged rather than on-site visits.
Remote teaching	All cohorts not at school during the phased return will still be taught remotely by their teachers. Any individual students unable to attend physically due to health reasons will continue to have access to the classroom teaching and learning remotely. We will survey all families in the coming weeks, so parents can indicate their intentions as to whether their children will be returning to school as per the phased plan. Students who indicate they are remaining at home for extra days or weeks will be sent information on how to access remote learning once face to face schooling resumes. Students who return to face to face learning and then are simply ill for a day or so, will not be given access to Remote Learning while they are sick.
Student entry/exit	Junior School and Gawura students will enter SAH through the front foyer and utilise the lifts. This will be a staggered approach via stage ? groups. Middle School students will enter SAH via the stairs.
Recess / lunch breaks	Junior School and Gawura students will have staggered recess and lunch breaks allowing for each cohort to access the roof separately, remaining in their year groups.
Stairway traffic	Stairs will have signage to indicate one-way traffic direction 1.5m distanced (i.e. some stairs are for going up and some for going down)
Social distancing	Students and staff will be distanced as much as possible in classroom/office settings, staff rooms and in open areas, attempting to maintain 1.5m. Office and open areas will have signage of maximum capacities.
Peripatetic Music	Music lessons on site or remote on a case by case basis. Parents to be advised.
Library	Access to the library will be only in class/year groupings. Students will sanitise their hands upon entering and exiting the library.
No bubbler fountains	Bubbler fountains will be turned off and students encouraged to bring their own water bottles to refill at water stations.
No offsite Sport	Offsite Sport will not occur.

Mask wearing	Students are <i>strongly encouraged</i> and staff <i>must</i> wear face masks at all times at school, outside and on public transport, ensuring it covers both the nose and mouth. Masks may be removed for eating and drinking.
Uniform Store	The Uniform Store will operate online only. Orders may be made online and collected from SAH Reception.
Canteen	The School Canteen will be open from Week 3 onwards. Online ordering is preferred.
Health Centre	The School Health Centre on Level 6 SAH will continue to be open from the start of term.
Cocurricular	On-site cocurricular activities will not be occurring, only online cocurricular. Specific information will be provided as relevant.
IT Helpdesk	The IT Helpdesk on Level 4 SAH will be open as normal from Week 3 onwards or else by emailing itsupport@sacs.nsw.edu.au
Ventilation	The school has reviewed ventilation in both SAH and BBC, including seeking advice from a mechanical engineer, with a view to improving air flow and air filtration. A number of measures are in train, including improving air conditioning filtration and fresh air intake, and opening windows where it is safe and effective. Other ventilation options are currently under review including the use of CO2 sensors and portable HEPA filtration units.
Vaccination	All school staff on site must have either had 2 doses of a COVID-19 vaccine or been issued with a medical contraindication certificate. Eligible students are encouraged to be vaccinated but will be allowed to attend classes if unvaccinated.
Students and staff who are unwell	Any students or staff who experience even the mildest of COVID-19 symptoms must get tested and remain at home until test results are received. Evidence of a negative COVID-19 test result will be required prior to re-entering the school site .to Junior School Reception

Student Expectations:

1. Keep clean	Personal hygiene is key to control COVID-19. Please ensure that you wash and sanitise your hands regularly.
2. Keep distant	Maintaining social distancing can help prevent the spread of the virus. We should try to maintain 1.5m distance wherever possible.
3. Keep covered	Face masks are strongly encouraged to be worn, particularly for Stage 3 students, ensuring the nose and mouth are both covered, except when eating or drinking. If you sneeze or cough, use your elbow to cover it.
4. Keep tidy	In order to maintain high levels of hygiene we need to keep our school tidy. Please keep your belongings with you and do not share equipment.

Supporting Children Returning to School After the Lockdown

- This is a very uncertain time and although it would be great if we could make COVID-19 disappear- we can't (not yet anyway). Children, like us adults, must learn to tolerate some uncertainty! This skill can help us to manage anxiety
- It is also normal to feel very anxious about the changes. Change makes most people feel a bit strange and worried. Some people find this harder than others though.
- It's important to remember that children have had hugely different experiences during lockdown. Some children who experience anxiety normally, may have found a break from going to school, a break from triggers for their anxiety. For them going back to school is going may be anxiety provoking at first. There are other children who have had a great time with families and don't want to return to school. And then of course there are some children who have been in family situations with lots of tension who will find getting back to school and friends a refuge.
- You may be wondering whether to send your child back to school soon. You may have good reasons for wanting to keep your child at home for longer. Either way, just be aware of how you model your own anxiety when speaking to your child about returning to school. Speak to your child when you feel calm yourself.
- Listen to your child. Hear what their concerns are. Acknowledge their feelings and let them know that you know it's worrying for them.
- It's ok to not have the answers. In fact, it's better not to pretend that you know. We don't know. It's possible we may move back to school, then to lockdown, and back. This could go on for a while.
- If they are worried about getting unwell or making someone else unwell, agree to investigate some facts together. For example, you may look together at the facts in the news, but limit the amount viewed and address any misinformation the child has. You may want to look at what happened in previous illnesses in the past and how we got through it as a country.
- Asking questions is helpful but giving excessive reassurance is not. It's very tempting to give lots of reassurance to your child, as it may relieve anxiety in the short term. In the long term it keeps it going. Instead listen and ask them what they think, and what they think will help.
- Help children to focus on possible strategies. Ask them how they adapted to the lockdown. What helped? What might help them now adapt to going back to school? There may be some things that immediately can be done to problem solve the concerns raised. For example, 'I am worried that my friends won't want to speak to me at school'. Try contacting a friend to speak in advance of school starting.
- Before returning to school, try and prepare children by getting them back into a routine. They will need to go to bed at a reasonable time, wake up early and learn to do the school walk /drive/ train/ bus to school again.
- Encourage children to think about their own mental health including eating healthily, exercising, doing things they enjoy, spending time with others. In addition, practice being kind to self and others. Remember it took us time to adapt to the lockdown, and it will take time to adapt back. Go easy on yourself.

St Andrew's:

St Andrew's Cathedral School is a coeducational K-12 Anglican school, located in the heart of Sydney's CBD.

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