

HaileyburyTurnford

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Issue No. 8

Dear Parent/Carer

During these difficult and concerning times we would like to offer advice and support for all parents, carers and students who may be self-isolating as a result of having symptoms of Coronavirus (Covid-19). The following advice has been offered by the World Health Organisation in response to the outbreak of this new coronavirus disease in supporting mental health and psychosocial well-being during COVID-19 outbreak.



General information

1. COVID-19 has and is likely to affect people from many countries. Do not attach it to any ethnicity or nationality. Be empathetic to all those who are affected, in and from any country. People who are affected by Covid-19 have not done anything wrong, and they deserve our support, compassion and kindness.
2. Do not refer to people with the disease as “COVID-19 cases”, “victims” “COVID-19 families” or the “diseased”. They are “people who have COVID-19”, “people who are being treated for COVID19”, “people who are recovering from COVID-19” and after recovering from COVID-19 their life will go on with their jobs, families and loved ones. It is important to separate a person from having an identity defined by COVID-19, to reduce stigma.
3. Minimize watching, reading or listening to news that causes you to feel anxious or distressed; seek information only from trusted sources and mainly to take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day, once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts; not the rumours and misinformation. Gather information at regular intervals, from WHO website and NHS/Public Health and government platforms, in order to help you distinguish facts from rumours. Facts can help to minimize fears.
4. Protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper. For example, check-in by phone on neighbours or people in your community who may need some extra assistance. Working together as one community can help to create solidarity in addressing COVID-19 together.
5. Find opportunities to increase positive and hopeful stories and positive images of local people who have experienced COVID-19. For example, stories of people who have recovered or who have supported a loved one and are willing to share their experience.
6. Respect healthcare and other workers supporting people affected with COVID-19 in your community. Acknowledge the role they play to save lives and keep your loved ones safe.



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Principal: Robin Newman MSc MBA

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Registered office: Haileybury Academy Trust, London Road, Hertford Heath, Hertford, Hertfordshire, SG13 7NU

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People in isolation

7. Stay connected and maintain your social networks. Even when isolated, try as much as possible to keep your personal daily routines or create new routines. If health authorities have recommended limiting our physical social contact to contain the outbreak, you can stay connected via e-mail, social media, video conference and telephone.

8. During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Keep things in perspective. Public health agencies and experts are working on the outbreak to ensure the availability of the best care to those affected.

9. A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day from health professionals and WHO website and avoid listening to or following rumours that make you feel uncomfortable.

Other useful information and advice websites:

World Health Organisation

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Stay at home advice Coronavirus (COVID-19)

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

‘Pause, reflect and stay home’: how to look after yourself and others in self-isolation

<https://www.theguardian.com/world/2020/mar/17/pause-reflect-and-stay-home-how-to-look-after-yourself-and-others-in-self-isolation>

Self-isolation poster and advice for patients

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/869144/Self-isolation_poster_for_patients.pdf

Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



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Prevent the spread of infection



Cover coughs & sneezes with a tissue



Place the tissue in a **bin**



Wash your hands with **soap & water**



Use **separate household items** like towels, bedding, toothbrushes, cups & dishes



Wear a mask when you are around others, if you have been told to do so

Wash hands with soap & water:



Before cooking & eating



After using the toilet

Take care of your health & wellbeing

For those with symptoms of infection:



Get plenty of rest until you feel better



Drink enough fluids so that you pass urine regularly



Take paracetamol as advised, to reduce pain & fever

Our thoughts and best wishes are with all our parents, carers, students, staff and families during these unprecedented times.

Mrs M Goodes
Vice Principal



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