

Checklist for starting EGA school

We are so looking forward to welcoming all of our students back to school in September. When students return, it is important that they are fully ready to make a fantastic start to the year. We've put together this checklist to support you as a family in getting ready for the new term.

Shopping

- ❑ **Uniform** - our uniform supplier, Rough Cuts on Chapel Market and online is fully stocked now. Buy your uniform and PE kit as early as possible and avoid the queues!
- ❑ **Shoes** - make sure your school shoes fit and, if necessary, buy new ones.
- ❑ **Stationery** - make sure you have pens, pencils, rubber, pencil sharpener, highlighter pens, scientific calculator and a maths set for the start of term. Borrowing equipment will be discouraged.
- ❑ **Face masks** - according to current guidance, these must be worn on public transport. If it is reusable, make sure you have a small plastic bag to safely store the mask during the day.

Preparations

- ❑ **Journey to school** - your journey may take longer than before, particularly if you're going to walk instead of taking public transport, which we would strongly encourage. Try out the journey and make sure you have enough time to get to school on time.
- ❑ **Pack your bag** - before you come back, make sure you have collected together all of the things you will need and packed them in a suitably sized school bag.

Good habits

- ❑ **Sleep patterns** - good sleep makes for good learning. Make sure you have at least a week of going to bed and getting up at an appropriate time for school before you return. Secondary school age children need 8-10 hours of sleep per night.
- ❑ **Healthy eating** - as before, unhealthy foods including biscuits, cakes, crisps and energy drinks will not be allowed on site. Please don't bring these to school. Water and healthy snacks such as fruit should be brought instead. Get into good eating habits this holiday.
- ❑ **Work habits** - it's really important to have a break, however, lots of Faculties are setting holiday projects to support students build on the learning they've done during lockdown. Plan time in the holiday to complete this work - little and often is always best.
- ❑ **Hand hygiene** - washing hands or using hand sanitizer for twenty seconds kills the virus. Get into good habits around regularly washing your hands when entering a new building, before and after eating and after using the toilet. School will provide sanitizer but students are welcome to carry it if they wish.
- ❑ **Catch it - bin it - kill it** - likewise, good respiratory hygiene also prevents the spread of the virus. Coughs and sneezes should be caught in a tissue or in the crook of your elbow.
- ❑ **Social distancing** - students will still be asked to keep a safe distance from others whenever possible. Please discuss why this is so important as a family.