Welcome back, ladies and gentlemen

23 Mar 2020

Stay Home Notice (SHN) / Leave of Absence (LOA)

- 14-day Leave of Absence for all students who have returned from overseas, regardless of country or mode of entry, on or after Saturday 14 March.
- Students on SHN/LOA are expected to complete work given to them during this period.
- You may contact them through messages or call but they are not allowed to leave the house to meet you.
- Not advisable to visit them at home too.



Play your part in containing the spread of COVID-19 (Coronavirus Disease 2019) by following the **5M's**.



MANAGE MY HEALTH

By keeping a close watch on my body for symptoms.



MAINTAIN CLEAN HANDS

Through good personal hygiene of regular hand washing with soap and water.





LINIMISE CONTACT

With those who are unwell.



And visit the doctor immediately.



MONITOR THE NEWS

With moh.gov.sg and Gov.sg WhatsApp.

DORSCON Orange indicates that while the disease is severe and spreads easily from person to person, it has not spread widely and is being contained in Singapore. Be socially responsible. Maintain good personal hygiene. Look out for health advisories. Comply with control measures.



PRACTISE GOOD PERSONAL HYGIENE

The Ministry of Health has introduced additional measures to safeguard public health.

heck www.moh.gov.sg for the latest updates.





Temperature Taking

- Temperature taking exercise will still take place after morning assembly. Please continue to bring your thermometer to school.
- If you have fever, flu-like symptoms or runny nose, please do not come to school. See a doctor and get the necessary medical attention as soon as possible.
- If you start feeling unwell at any point of the day in school, inform your teacher and go home immediately to seek medical attention.



If you have mild flu-like symptoms like











SEE A DOCTOR

- Don't go to work or school
- Avoid crowds
- . Stay at home
- Don't doctor-hop



You can go to Public Health Preparedness Clinics and polyclinics for subsidised treatments if you have flu-like symptoms.

Check www.phpc.gov.sg



LET'S ALL DO OUR PART



Wash your hands frequently with soap



Monitor your temperature twice daily



AVOID touching your face with your hands



Comply with
Home Quarantine Orders
and Stay-Home Notices
and stay at your
designated locations



Do not spread rumours.

Get the latest updates on COVID-19 by signing up for the Gov.sg WhatsApp channel (www.gov.sg/whatsapp) or at the MOH website (www.moh.gov.sg)









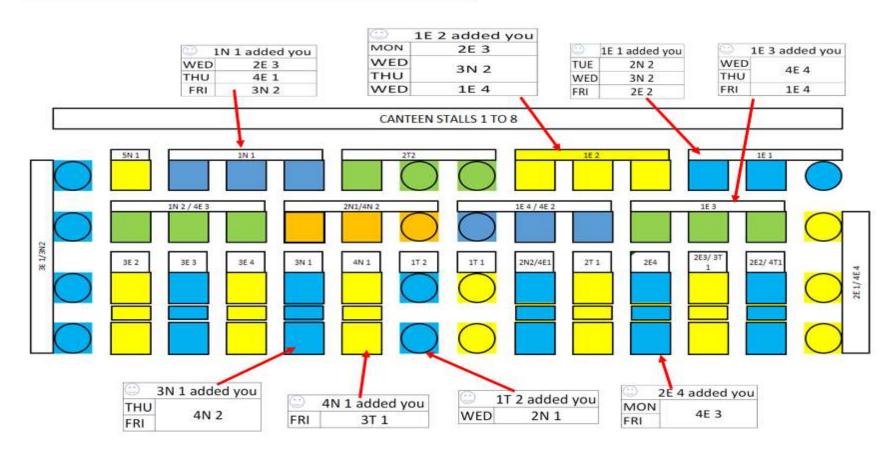
Social Distancing - Classroom

- Exam-style seating according to register number will be implemented in all classrooms. You are not allowed to change seats.
- Designated seats will be assigned to you if you are having lesson in a special room or a different venue. You are to <u>adhere</u> to the seating arrangement given by your teacher.

- Staggered recess timings:
 - Every class will be going to recess in two teams.
 - Register No 1-20 will go during the first 30 minutes.
 - Register No 21-40 will go during the later 30 minutes.
- Those who are not scheduled to go recess, should remain in the class to clean up the classroom, do reading or their homework.
- If you are due for staggered play in your designated play areas, you will be allowed to go out (see slide 10).

- Assigned canteen seating by class :
 - To avoid inter-mingling with other classes, you are to use the tables allocated to your class.

CANTEEN SEATING ARRANGEMENT FOR STUDENTS RECESS



2019 NOVEL CORONAVIRUS PRACTISE GOOD **PERSONAL HYGIENE**

WASH your hands regularly with soap and water.





AVOID touching your face with your hands.

8 STEPS TO CLEAN YOUR HANDS



Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers





Wrists



Rinse and wipe dry

DO NOT WEAR A MASK IF YOU ARE WELL

There are sufficient masks in the government's stockpiles, if used responsibly.

WEAR A MASK ONLY IF

· You have a FEVER, COUGH OR RUNNY NOSE You are RECOVERING FROM ILLNESS



AVOID

social gatherings if you are sick.



Get the latest on the novel coronavirus and other important Government information by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp), or at the MOH website (www.moh.gov.sg)



CLEAN

WHEN AT EATING PLACES



Wash or sanitise your hands before and after eating.



AVOID sharing utensils. Use serving spoons and DON'T double dip.



DON'T spit out food on tables and trays. Use tissues.



Throw used tissues into trash bins. DON'T leave them on trays or tables.



Singapore has enough supplies of food and essentials. Stay calm and only buy what you need.

If you are sick





See a doctor



Stay at home



DON'T doctor-hop



Do not spread rumours. Get the latest on the COVID-19 by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp)



- If you are due for staggered play in your designated play areas, you will be allowed to go out.
- However, you should avoid inter-class mingling when you play.

- Schedule for Designated Free Play Areas by Cohort.
 - A. Courtyard and basketball court
 - Sec 1 Mon, Wed and Fri
 - Sec 2 Tues, Thurs.
 - B. Volleyball courts
 - Sec 3 Mon, Wed, Fri
 - Sec 4 Tues, Thus





Wipe Down Routine

- Daily wipe-down routine for tables and chairs used by students in the classroom (and whenever somebody else uses the table) and special rooms.
- All classes are equipped with diluted liquid soap for wipe-down routine. Class leaders to see to it that there are two filled spray bottles per class.
- Form Teachers will step up cleaning routines in the classroom. Class leaders are to assist FTs in implementing

Wipe Down Routine

 Refills will be available in the canteen (4 stations set up). Students are to bring their own tissue paper for their daily wipe-downs.



Wipe Down Routine

 For Special Rooms, each room will be equipped with a spray bottle of liquid soap and toilet paper for wipe down. Students are to wipe down their tables before the end of each lessons.



condary School



 Keeping Singapore Safe Starts From You...

CCA & After School Programmes

- All CCAs and after school programmes such as FSP will be suspended.
- SYF Arts Presentation would be deferred as well.
- National School Games will continue to remain suspended till end of June holidays.

 All students are reminded to <u>leave school and go</u> <u>home immediately</u> after school.

Mass Assembly / Events

- Mass assembly programmes and large scale events involving students such as camps will be suspended.
- Learning journeys which involve inter-mingling of students from different schools will be suspended.

LET'S ALL DO OUR PART



Wash your hands frequently with soap



Monitor your temperature twice daily



AVOID touching your face with your hands



Keep your home and surroundings clean and well-ventilated

Be socially responsible





WE WILL GET THROUGH THIS!



Do not spread rumours.
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