

## Student Return to School – Health & Safety Precautions Quick Guide

### WELCOME BACK YEAR 7 & VCAL STUDENTS

Everyone is excited about your return on **Monday 12 October**. We are also looking forward to Year 8, Year 9 & the rest of Year 10 returning on **Monday October 26**. Hopefully you are feeling positive about returning to school and seeing friends and teachers again. It's OK if you're not though. Many of you have become used to being at home.

Here are some tips to check over to make the return to school as smooth as possible. Please share and discuss them with your parents.

### ROUTINE

- **Get back into a routine.** This means at least eight hours of sleep each night.
- **Set your alarm** and start getting up early again
- **Eat breakfast** and follow your usual school morning as much as possible
- **Switch your phone off** to ensure you get a healthy sleep

### SCHOOL WORK

- **Don't worry.** When you get back, you'll get time and support to discuss any work you didn't finish, work you didn't understand or work you missed.
- Need help with your work? **After-School Study Help** (used to be Homework Assist) will run Mon-Thur, from 3:15-4:15 in A16
- ASSH sessions are **open to anyone**
- Parents need to know that you want to attend ASSH, so **bring a note or send a message**
- **Check the student notices** in the mornings for more info when you get back

### ORGANISATION

- **Get your stuff ready** before you return
- **You don't need everything** on the first day
- Remember, only **bring what you need** for that day, especially lunch
- Try to use your **locker as little as possible**
- Use a **tote bag** for classes

### UNIFORM

- Term 4 means full **summer uniform**
- If it's still cold full **winter uniform is optional, incl. blazer, tie and shirt tucked in**
- Here's the link to the **College Uniform Policy** in case you've forgotten.  
<https://www.crccs.vic.edu.au/enrolment-1/college-uniform>
- Can you find your **school shoes and CRCCS socks**?
- **Try your summer uniform** on. Does it still fit? Is your shirt clean?

## STAY HEALTHY

- Keep up with **physical activity** every day
- Eat a healthy diet and **reduce sugar** intake
- Drink lots of **water**
- Get a **water bottle** for school. Put your **name** on it.
- **Drinking taps** at school can only be used for refilling
- **No sharing** food or drink
- Bring your own **hand sanitiser and packet of wipes**
- The full version of the CRCCS **COVID-19 Health & Safety Guidelines for Students** can be found on the SEQTA homepage

## FEELING ANXIOUS?

- Speak to your homeroom teacher, subject teacher, Year Level Leaders or **organize an appointment** with the College Counselling Team

## FIRST DAY BACK

- **Wear a mask** at all times, except when eating or drinking
- Arrive by **8:30am**
- **Go straight to your locker** if you need and get your books for the day
- **Carry a tote bag** around so you don't have to use your locker again
- HRTs will open up by 8:40 and **extended homeroom will go for all Period 1**
- Bring your own **headphones**

## STAGGERED FINISH TIMES

To lessen congestion of student traffic at the front gate, from **Monday 26 October** a staggered finish time will be implemented for the end of the day.

- **Year 7s and 8s** will be dismissed at **3:05pm**
- **Year 9s and 10s** will be dismissed at **3:15pm**
- Staggered arrival times are not required as this occurs naturally in the mornings.

Where families have siblings with different dismissal times, the older siblings may leave at 3:05 provided the College has been **notified of parent permission**. This permission will appear on the class roll also, so that teachers are aware.

## PHONES

- **Normal rules apply** regarding mobile phone use
- If you have the **COVID-19 app**, you can check it outside of school hours

## CAFETERIA, LIBRARY & YARD

- **Lunch orders and servery window** only (yay!)
- Cafeteria **dining room is closed** (boo!)
- Library is open (yay!)

- Yard is open, including downball, bball, soccer and footy (yay!)

## **TOILETS**

- Only **two people** in toilet block at one time
- **Knock and call out**
- **One in – one out**
- Always **wash your hands** for 30 secs with soap