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Dear Parents and Carers

You will now be aware that the Scottish Government has placed Glasgow into Level 4 of the current COVID-19 restrictions. This means that while our schools and nurseries will remain open we need to be more vigilant and careful and continue to follow the guidelines.

There are now some additional restrictions in place.

If your child was previously on the shielding list then it is recommended that they do not come to school without a risk assessment which is informed by the clinical team caring for them. You may have already discussed this with the school. If your child does have to remain at home while the area remains in Level 4 then the school will ensure that work is provided for your child and will keep in touch with you during this period.

I am sorry to say that there will be no indoor PE while we are in Level 4 and outdoor learning will remain a priority for all our schools and nurseries so please can you ensure that your child comes dressed for all weathers.

I know that this is an anxious and difficult time for everyone. It is really important that we all work together to try to suppress this virus and to help reduce the numbers so that we can return to some kind of normality prior to a vaccine being rolled out.

This means that we all need to make sacrifices and that our children will not be able to play as freely as we might wish – but by sticking to the rules they will be able to return to a more normal situation much quicker.

It has been very disappointing to hear of a small number of families from our schools hosting sleepovers for primary-aged children and social events for groups of teenagers which have resulted in increased numbers testing positive and notable numbers missing out on school due to self-isolation.

I have attached the updated advice from the government guidance for Level 4 - both for schools and for meeting indoors and outdoors.

These are difficult and challenging times but I want to take this opportunity again to thank you all for your continued support and commitment – we will get through this together.

Yours sincerely

MAUREEN McKENNA
Executive Director of Education

Protection Level 4 - enhanced and targeted protective measures

- the current advice is that children on the shielding list should not attend in person. However, there will be further consideration of how individualised risk assessments can be used to maximise school attendance, and remove barriers to access to regulated childcare services, for children who continue to shield during Level 4 restrictions. It is expected that these should be informed by the secondary care (hospital) clinical team caring for the child or young person.
- the majority of workplaces can be made safe for staff. To ensure this remains the case, employers should ensure that individualised risk assessments for school staff members with the highest clinical risk are in place and updated appropriately, and staff should speak to their employer to ensure all appropriate protections are in place.
- at Level 4, to provide additional assurance, the Chief Medical Officer will issue a letter which is similar to a fit note that will last for as long as the local area is under Level 4 restrictions. This letter can be used in the few cases where, following updating of risk assessments and discussions with employers, it is not possible to make a workplace safe for staff. Being in receipt of one of these letters does not automatically mean that staff should not attend work if appropriate protections are in place. Staff should use the period covered by the letter to discuss any concerns further with their employer or an occupational health adviser, and if, following individualised risk assessments, action results in adequate protection in the workplace then they may continue to attend work.
- decisions on appropriate protections should be informed by individual risk assessments, and may include protective measures in the workplace, mitigations such as working remotely (e.g. at home or in different settings), or carrying out different tasks within their usual workplace.
- schools should be prepared to engage with enhanced testing responses to COVID-19 outbreaks in schools, where recommended by the Incident Management Team
- physical education within school settings should only take place out of doors. Schools should consider what types of activity and clothing may be most appropriate in view of weather conditions. While physical education should continue to be considered a priority, if weather is extremely bad then schools may use their judgement as to whether it is safe for children to be outside.
- pausing of the provision of non-essential activities or clubs outside the usual school timetable. This does not include regulated childcare operating from school premises.

Meeting others indoors (socialising indoors)

You should not meet anyone who is not in your household indoors in your home or in their home. You can meet another household indoors in a public place. The maximum number of people who can meet indoors in a public (not a home) place is 6 which can be from up to 2 separate households.

Children under the age of 12 from these households do not count towards the total number of people counted in a gathering.

Where an individual household includes more than 6 people, they can nevertheless meet as a single household even if the total number of people exceeds 6.

You can go into another household to provide care and support for a vulnerable person. Read [Coronavirus \(COVID-19\): advice for unpaid carers](#).

When you meet people from another household indoors you should:

- minimise the number of meetings you have with people from other households each day
- stay at least 2 metres apart from anyone who is not part of your household, unless in a public venue that is operating 1 metre distancing with additional measures being in place to avoid transmission
- maintain hand and cough hygiene
- avoid touching hard surfaces with your hands
- wash your hands when you arrive, when you leave, when you get home and especially before eating or after touching surfaces
- not share food or utensils – if eating, each household should bring, prepare and eat its own food separately
- if possible, keep rooms well ventilated – consider opening windows or a door

Those at a higher risk of severe illness from coronavirus (including those who had been shielding, people 70 and over, people who are pregnant and people with an underlying medical condition) should strictly follow the physical distancing guidance.

Meeting others outdoors

You can meet people from other households outdoors in a private garden or in a public place such as a park. The maximum number of people who can meet outdoors is 6 which can be from up to 2 separate households.

Children under the age of 12 from these households do not count towards the total number of people counted in a gathering. Children under 12 do not need to maintain physical distance from others. This is to allow children under 12 to play with their friends outside.

Young people aged between 12 and 17 can meet up in groups of up to 6 at a time outdoors and are not subject to the 2 household limit. Physical distancing is required.

Where an individual household includes more than 6 people, they can continue to meet outside as a household even if the total number of people exceeds 6.

You should:

- minimise the number of meetings you have with people from other households each day
- stay at least 2 metres away from anyone who is not part of your household
- maintain hand and cough hygiene
- avoid touching hard surfaces with your hands
- wash your hands when you arrive, when you leave, when you get home and especially before eating or after touching surfaces
- not share food or utensils – if eating, each household should bring, prepare and eat its own food separately
- if possible, keep rooms well ventilated – consider opening windows or a door

Those at a higher risk of severe illness from coronavirus (including those who had been shielding, people 70 and over, people who are pregnant and people with an underlying medical condition) should strictly follow the physical distancing guidance.