



UNIONE EUROPEA

*Ministry of Education*

**ISTITUTO COMPRENSIVO COMO REBBIO**

Reference No. (See file marker)

Como, 21 August 2020

**Newsletter no. 261**  
**2020–2021 School Year**

**TO ALL STUDENTS' PARENTS**  
**I.C. Como Rebbio**

On our website

Subject: Guidance on procedures for containing the COVID-19 pandemic — Checklist

We are asking that the parents of all students at the Istituto Comprensivo Como Rebbio participate with responsibility and awareness in the arrangement and implementation of procedures for containing the COVID-19 pandemic. This is a trying and delicate moment but, with help from all of you and the school staff, we will be able to guarantee our students a smooth start to the school year while also protecting everyone's health and safety.

It is therefore necessary that everyone do their part and be willing to cooperate in shared efforts to ensure consistent and continuous compliance with containment rules.

It is important that all parents regularly consult the school website, where we post ministerial documents, Technical Scientific Committee publications, and any other safety-related communications, even after working hours.

A specific banner will be set up on the Istituto's homepage to group all communications and allow you to find them easily.

To begin, I am sending you a checklist, subject to modifications and additions on your part, with an explanatory series of suggestions that will help you correctly implement the procedures required to limit the risk of infection.

The **first fundamental rule**, however, is that of **example**: responsible and prudent behaviour must be adopted by parents, first and foremost, because your children look to you and observe your actions. Failure to comply with safety rules will not only increase the risk of infection, but also set a poor example for your children, who may adopt irresponsible attitudes that endanger their own lives and those of others.

In addition to the guidance of doctors, we also need the wisdom of citizens and their ethical and civil capacity to assume their responsibilities. In the Co-Responsibility Agreement with the Istituto, which will be in effect for the 2020/21 academic year, we will also ask everyone to do their part to share the responsibility for the wellbeing of your children and our students.

I wish everyone a smooth start to the school year



**SCHOOL DIRECTOR**

**Daniela De Fazio**

Handwritten signature replaced in print pursuant  
to Leg. Decree No. 39/93, Art. 3, Para. 2



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**HOW TO PREPARE YOUR CHILDREN FOR A SAFE RETURN TO SCHOOL  
CHECKLIST FOR FAMILIES**

<b>Safety measures</b>
<ul style="list-style-type: none"><li>● Check your child every morning for signs of illness. If they have a temperature above 37.5 degrees, they cannot go to school.</li></ul>
<ul style="list-style-type: none"><li>● Make sure your child doesn't have a sore throat or other signs of illness, like a cough, diarrhea, headache, vomiting, or muscle aches. If they are not in good health, they cannot go to school.</li></ul>
<ul style="list-style-type: none"><li>● If your child has had contact with a COVID-19 case, they cannot go to school. Follow public healthcare quarantine instructions carefully.</li></ul>
<ul style="list-style-type: none"><li>● If you have not already done so, inform the school of which people to contact in case your child does not feel well at school: names, surnames, landline or mobile phone numbers, places of employment, and any other useful information to facilitate contact.</li></ul>
<ul style="list-style-type: none"><li>● At home, practice and enforce proper hand washing techniques, especially before and after eating, sneezing, coughing, and before applying masks, and explain to your child why this is important. If your child is young, make it fun.</li></ul>
<ul style="list-style-type: none"><li>● Provide your child with a water bottle that can be identified by name and surname (with a permanent marker or by affixing labels prepared at home) and explain that no one else may drink from it.</li></ul>
<ul style="list-style-type: none"><li>● Develop daily pre- and post-school routines, such as pinpointing things to pack for school in the morning (like personal hand sanitiser and an extra face mask) and things to do when you get home (wash your hands immediately, where to put the mask depending on whether it is disposable or washable; etc.)</li></ul>
<ul style="list-style-type: none"><li>● Talk to your child about precautions to take at school:<ul style="list-style-type: none"><li>○ Washing and disinfecting hands more often</li><li>○ Maintaining physical distance from other students</li><li>○ Wearing masks</li></ul></li></ul>



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<ul style="list-style-type: none"><li>● Advise your child not to share items with other students, including water bottles, devices, writing utensils, books, etc.</li></ul>
<ul style="list-style-type: none"><li>● Consult the information and communications on the school website relating to health procedures and safety protocols.</li></ul>
<ul style="list-style-type: none"><li>● Plan and organise your child's transport to and from school:<ul style="list-style-type: none"><li>○ If your child uses public transport (train, bus, school transport), prepare them to always wear a mask and not to touch their face with their hands without first disinfecting them. If your child is small, explain that they cannot put their hands in their mouth. Make sure they understand the importance of respecting the rules to be followed on board (seats, standing places, distancing, etc. These rules must be communicated by those who organise public transport).</li><li>○ If your child carools with others in another parent's car, explain to them that they must always follow the rule: mask, distancing, hand hygiene.</li></ul></li></ul>
<ul style="list-style-type: none"><li>● Reinforce the concepts of social distancing, hygiene, and mask use, always setting a good example.</li></ul>
<ul style="list-style-type: none"><li>● Learn about the school's rules for physical education and free activities (for example, recess) and the canteen rules, so that you can introduce them to your child and support them, asking them to respect them scrupulously.</li></ul>
<ul style="list-style-type: none"><li>● Keep a supply of masks at home so you can change them whenever needed. Provide your child with a spare mask in their backpack, closed in a container. If you use reusable masks, also provide a bag in which to store the used one so it can be brought home and washed.</li><li>● If you use reusable cotton masks, they must:<ul style="list-style-type: none"><li>○ cover the nose and mouth and the beginning of the cheeks</li><li>○ be fastened with laces around the ears</li><li>○ have at least two layers of fabric</li><li>○ allow breathing</li><li>○ be washable with hand soap or in the washing machine and be ironed (the steam at 90° is an excellent natural disinfectant without contraindications).</li></ul></li></ul>
<ul style="list-style-type: none"><li>● If you provide your child with cloth masks, make sure they are recognisable and cannot be confused with those of other students</li></ul>
<ul style="list-style-type: none"><li>● Train your child to remove and put on the mask by touching only the laces.</li></ul>



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| <ul style="list-style-type: none"><li>● Explain to your child that they may meet classmates at school who cannot wear masks. Consequently, they must keep a safe distance, keep their mask on, and follow the teachers' instructions.</li></ul>   |
| <ul style="list-style-type: none"><li>● Consider providing your child with a container (e.g., a labelled resealable bag) to take to school to store the mask when they eat; make sure they know not to lay the mask on any surface or get it dirty.</li></ul>   |
| <ul style="list-style-type: none"><li>● If you have a young child, prepare them for the fact that the school will look different (e.g., desks far apart, teachers keeping physical distance).</li></ul>   |
| <ul style="list-style-type: none"><li>● After your child returns to school, stay informed about how things are going and about interactions with classmates and teachers. Find out how your child is doing and if he or she feels overwhelmed by the change. Help them express any concerns; if your child alerts you to inappropriate behaviour on the part of other students, immediately discuss this with teachers and the School Director.</li></ul> |
| <ul style="list-style-type: none"><li>● Look for changes in behaviour such as excessive crying or irritability, excessive worry or sadness, poor eating or sleeping habits, and difficulty concentrating, which can be signs of stress and anxiety. But also be careful you are not causing additional stress, anxiety, or worry.</li></ul>   |
| <ul style="list-style-type: none"><li>● Attend school meetings, even if remotely; being informed and connected can reduce your feelings of anxiety and offer you a way to express and rationalise any concerns you have.</li></ul>  |



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**Additional suggestions for families of disabled students**

**Health problems related to infection**

- Check with the neuropsychiatrist and the doctors providing treatment if your child's condition presents particular complexities with respect to the risk of COVID-19 (for example, ease of infection, problems with any medications, behavioural problems, etc.) which would necessitate specific solutions for them. If necessary, ask for reasonable accommodation.
- If your child's disability presents particular complexities in the eventuality of needing aid at school, have their caregivers prepare instructions to be communicated both to the school and to 118, so that everyone knows how to intervene and avoid more serious consequences.
- If your child has problems with lowered immune defences or health problems that do not allow them to stay at school in the presence of an increased risk of infection, have their carers issue special certification to be presented at school, asking that Integrated Digital Education and home education courses be prepared so they may be mobilised without delay should they be needed.

**Hygiene (commit to teaching these behaviours even if it is difficult)**

- Always provide your child with supplies of paper tissues in their backpack and teach them to throw them away after each use; also provide disinfectant wipes and teach them how to use them.
- Teach your child never to drink from taps; provide them with personalised water bottles so that they are sure to always recognise them.
- Teach your child not to touch their face without disinfecting their hands first when they are in public spaces.

**Use of personal protective equipment**

- *'Students with forms of disability incompatible with sustained mask use are not subject to the obligation to wear them'*. Carefully assess with your child's doctor if your child falls under the condition of objective incompatibility of use. If they are in fact compatible, it is important to teach your child to use masks, to protect their safety.
- If your child cannot use face masks or clear visors, prepare them for the fact that the people around them will use them: teachers and educators. School staff must be protected from infection like any worker.
- If your child is deaf and lip-reading, ask the school to provide them and the class with clear face visors rather than face masks. There are also masks with a transparent front panel, but they are not necessarily comfortable for everyone.



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<b>Other needs</b>
<ul style="list-style-type: none"><li>● If, despite the school's arrangements, your child's carer believes that special measures should be taken to contain the risk of infection (for example, for access to school premises, going out on school grounds, breaks, the canteen, physical education, etc.), these must be certified and presented to the school to agree upon what can be arranged, according to the principle of legitimate accommodation.</li></ul>
<b>Use of toilets</b>
<ul style="list-style-type: none"><li>● Teach your child (if possible) to disinfect door handles, toilet surfaces, and faucets with disinfectant wipes before using them, and to disinfect their hands immediately after leaving the bathroom and before returning to class.</li></ul>
<b>Other organisational measures</b>
<ul style="list-style-type: none"><li>● Communicate to the school any further organisational proposals useful for protecting the health of your child and their companions.</li></ul>

Director: Daniela De Fazio

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