

# Safe reopening of WLES after COVID-19



## Information for students

COVID-19 is a respiratory (affects your breathing) disease which can be spread through the air by coughing or sneezing from infected people.

The main symptoms of COVID-19 are:

- a high temperature
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell and taste

The best ways to prevent COVID-19 are:

- social distancing – this means staying away at least 2 metres away from everyone, except people who live with you
- wash your hands often, especially before and after you eat. You should wash your hands with soap for at least 20 seconds. In warmer weather, when you're wearing short sleeves, you should also wash your arms up to your elbows.
- avoid touching your face
- cover your nose and mouth with a face mask or face covering when you are in crowded places, especially on public transport
- cough or sneeze into a tissue and throw away the tissue immediately. If you don't have a tissue, cough or sneeze into your elbow

At WLES, we have introduced measures to keep you and your teachers safe.

**However, we also need you to help keep yourself and everyone else safe:**

- Stay at least 2 metres away from other people while at the school, including during the lesson.
- Clean your hands well and often. There are hand sanitisers in every classroom, and there is antibacterial soap in the kitchen and the toilets.
- Your teacher will clean all surfaces before and after your lesson.
- Bring your own:
  - stationery (paper, pens etc.)
  - course book
  - reusable water bottle
  - face mask or face covering
- Wear your face mask when you're outside your classroom. You may wear your mask inside the classroom if it makes you feel more comfortable. Don't forget that you must also wear a face mask on public transport, including buses and the Tube.
- If you don't live far, it's safer (and healthier) if you can walk or cycle to school.
- Make sure you know when your lessons start. We have slightly changed our timetable to avoid contact between students in different classes. You can check the time of your lesson with reception.
- Be on time!
- Stay in your classroom as much as possible, including at break times.
- Windows need to remain open at all times. Please do not close them, even if you get cold. Wear more layers if necessary.
- Do not stay at school after your class finishes.
- Do not use the lift if possible. If you must use the lift, wait until you can use it alone.
- If you need to request any documents from reception (e.g. bank letters, certificates etc.), you can do this by sending an email to [mariko@wles.net](mailto:mariko@wles.net)
- If you start feeling any of the COVID-19 symptoms when you're at school, please tell your teacher as soon as possible.
- If you or a person living with you starts feeling symptoms when you're at home, do not come to school. Call us on 020 3198 1888 to pause your course and we will give you instructions on what to do.
- If you are coming to UK from another country, you will need to self-isolate for 14 days. [Please follow this link to view the current self-isolation guidelines.](#)

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