**Being off School**

**You might have heard about people talking about Coronavirus or Covid-19. This is a bug that can make people sick. They may begin to cough**  **or get a high temperature**  **and some people have to go to hospital.** 

**We can try and stop ourselves from getting sick by washing our hands more for at least 20 seconds.** 

**Coughing into our elbows or a tissue that we bin straight away. **

**To stop as many people as possible from getting sick, the schools are going to close for a while to try and stop the bug from spreading.** 

**This is to protect you, your friends and adults in the school and in your family**. 

**Your teachers will give you some work to do at home to keep you busy and help you to keep learning.**  

**The adults in your home will help you stay up to date with when school is open again. We don’t know when this will be at the moment. **

**There are some things we can do to help us feel happy and healthy when we are off school.**

**Get our bodies moving and do some exercise. **

**Eat some healthy fruit and vegetables if you can. **

**Speak to a trusted adult if you feel upset or have any worries. **