

VICTORIA PARK HIGH SCHOOL



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Principal

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Dear Parents

COVID-19 : CORONAVIRUS

Victoria Park High is aware of the concerns around the Coronavirus and its impact on us all. Our priority is the health and safety of the school community.

After listening to the address of the President on television last night we are all aware of the measures put in place by the National Government to curb the spread of the virus. School will close at 14:15 tomorrow – Tuesday 17 March. There will be no school from Wednesday 18 March up until the end of the Easter weekend. At this stage the schools will re-open on Tuesday 14 April. There will not be any extramural activities taking place this week.

There is a great deal of discussion around the virus and its impact. Sometimes our youngsters are being misled by false information that causes anxiety among people. I would like to share a helpful guide in terms of sharing information with young folk (thanks to Collegiate and Clarendon Park):

- **Remain calm in your messages to your children about the virus;**
- **Be aware of other adults' comments around your children that may heighten anxiety;**
- **Make time to answer questions in an age-appropriate manner;**
- **Limit the amount of television news and social media hype your children may be exposed to;**
- **If your child has flu symptoms, he/she needs to stay at home and be closely monitored.**

According to the National Institute for Communicable Diseases, the virus is spread via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens are spread. The great majority of cases have occurred in people with close physical contact to, and healthcare workers caring for, patients who have tested positive for the virus.

We have tried to educate our learners about good hygiene practices, and request you do likewise at home. The following needs to be emphasised:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Limit personal contact with people (no handshaking, kissing and hugging).
- Avoid close contact with people who are sick.
- Stay at home when ill and try and keep distance from others at home.
- Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue away.
- Clean and disinfect frequently touched objects and surfaces.
- Try to avoid contact with farm or wild animals and animal markets.

STOPPING TRANSMISSION (SPREAD) OF THE VIRUS THROUGH EVERYDAY PRACTICES IS THE BEST WAY TO KEEP HEALTHY. For further information please visit www.nicd.ac.za and <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>.

The Coronavirus toll free number is: 0800 029 999.

In addition, please take note that it is critical that should you become aware that you have been in contact with a person confirmed positive that you inform the school immediately, and that you self-quarantine for the minimum recommended period of time.

If more pertinent issues do occur we will communicate this to you.

Yours sincerely

M J Vermaak

Principal