



Gaelscoil Dhroichead na Banndan

Cloch Mhic Shíomoin, Droichead na Banndan, Co Chorcaí

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Uimhir Rolla: 20025E

Plean chun cosc a chur ar leathnú Covid-19 inár scoil.

Action Steps for Gaelscoil Dhroichead na Banndan to Prevent the Spread of Covid-19

Na céimeanna a leanas le cabhrú le daltaí, foireann agus pobal na scoile mar bheart choisctheach i gcoinne Covid-19.

The following preventive measures are to help keep students, staff and school community from getting sick with Covid-19.

Ba chóir na céimeanna seo a leanúint i GCÓNAÍ agus ní amháin i rith Paidéim.

These steps should be followed ALL the time and not only during a pandemic.

- Múin do na páistí agus don fhoireann conas béal agus srón a chlúdach le ciarsúir is iad ag casacht nó ag scaoileadh sraoth. Spreag iad chun é seo a dhéanamh i gcónaí. Cuirfear ciarsúir, uisce reatha agus gallúnach nó sprae glantacháin láimhe oiriúnach ar fáil. Muna mbíonn ciarsúir ar fáil agus sraoth/casacht acu, molfar dóibh béal agus srón a chlúdach le uilleann seachas lámh. Cuirfear i gcuimhne dóibh go rialta i rith an lae.
- Cuirfear i gcuimhne go rialta don fhoireann agus do dhaltaí sláinteas láimhe a chleachtadh agus cuirfear soláthair ar fáil dóibh le n-úsáid nuair is gá.
- Cuirfear daltaí nó baill foirne breoite abhaile agus molfar dóibh fanacht sa bhaile ar feadh an méid ama a mholann an HSE agus an ROS.
- Cuirfear i gcuimhne do na glantóirí aon dhromchla go leagtar láimhe air go minic, ar nós boird, murláin dorais, méarcláir nó pinn a ghlanadh leis an ábhar glantóra cuí go laethúil.
- Bogfar othair breoite go dtí seomra scoite (ar nós na seomraí réamhdhéanta nua) má thagann tinneas orthu ar scoil, go dtí go gcuirfear abhaile iad. Is iad an bheirt múinteoir* is sínsirí (ag tosnú leis an bhfoireann
- *Educate and encourage students and staff to cover their mouth and nose with a tissue when they cough or sneeze. Also, they will be provided with easy access to tissues and running water and soap or alcohol-based hand cleaners. They will be reminded to cover coughs or sneezes using their elbow instead of their hand when a tissue is not available. This will be done regularly throughout the school day.*
- *Teachers, staff, and students will be reminded regularly to practice good hand hygiene and they will be provided supplies for them to wash their hands as often as necessary.*
- *Sick students, teachers, and staff will be sent home and advised that sick people should stay at home as advised by the HSE and DES.*
- *The Cleaners will be reminded to clean surfaces and items that are more likely to have frequent hand contact such as desks, door handles, keyboards, or pens, with cleaning agents that are usually used in these areas on a daily basis.*
- *Sick students, teachers, and staff will be moved to an isolation room (such as new prefabs in Jeffers) if they become sick at school until they can be sent home. The staff who shall take care of that student / teacher will be limited to the 2 most senior staff (starting with Management) on the*

Inbainistíochta) san fhoirgneamh a bheidh freagrach as aire a thabhairt don othar.

- Cuirfear fios ar thuistí/chaomhnóirí aon pháiste le comhartha tinnis agus iarrfar orthu teacht agus a p(h)áiste a bhailiú chomh luath agus is féidir. Déanfar teagmháil rialta le oifigí sláinte poiblí áitiúil.

Má tá an galar ag leathnú agus ag dul in olcas, beidh orainn smaoineamh ar chinneadh a dhéanamh ar na nithe a leanas:

- Scaoil le daltaí/baill foirne ardriosca fanacht sa bhaile. Beidh ar na daltaí/baill foirne cinneadh a dhéanamh tar éis labhairt lena d(h)ochtúir agus/nó gairmí sa tseirbhís sláinte.
- Lorgófar bealaigh chun cóngracht shóisialta a mhéadú (an spás idir dhaoine) ar nós tionól agus turais scoile a chuir ar ceall. Bogfaidh múinteoirí seachas ranganna.
- Smaoinigh ar chathain agus conas daltaí a bhriseadh ón scoil, ag obair taobh leis an Ionad Sláinte is giorra dúinn i nDroichead na Banndan. Ní bhrisfear na daltaí ón scoil go dtí go molann an HSE agus an ROS duinn é.

Seo iad na céimeanna atá tógtha ag an scoil chun ullmhú don Víreas Covid-19 don scoilbhliain 2019-2020

- Cuirfear glaoch ar an duine cúí má tá comharthaí fhlíú mucúil ar dhalta/ bhall foirne.
- Má tá amhras ar bith, cuirfear glaoch ar an HSE ar 1850 241850 nó 041 6850300.
- Má tá alán múinteoirí as láthair, seasfaidh an múinteoir is sínsirí* mar príomhoide faoi stiúir Gillian Ní Chochláin (Cathaoirleach). Ní dhúnfaidh an scoil ach amháin le cead an bhoird Bainistíochta, agus, nuair a bheidh an HSE, an ROS agus an cigire curtha ar an eolas.
- Seolfar cumarsáid ón scoil chuig tuismitheoirí chun iad a choimeád ar an eolas faoi staid reatha na scoile (más gá).
- Ní dhíreofar aird ar thinreamh na bpáistí

premises at the time.

- *Parents/Guardians of any child displaying symptoms will be contacted and asked to collect their child as soon as possible. We will stay in regular communication with local public health officials.*

If the pandemic conditions become MORE severe, we may consider adding the following steps:

- *Allow high-risk students, teachers, and staff to stay home. These students, teachers, and staff should make this decision in consultation with their physician and/or health professional.*
- *Find ways to increase social distances (the space between people) at school such as cancelling assembly or school trips. Also get teachers to move classes instead of moving children.*
- *Consider how and when to dismiss students by working closely with our local health centre in Bandon. We shall decide to dismiss all students only on the advice of the HSE and Roinn Oideachais agus Scileanna..*

The following steps have been followed to prepare for the Covid-19 Virus during the 2019-2020 school year:

- *The relevant person will be contacted if a student/ staff member develops Covid-19 symptoms.*
- *If there are any queries HSE should be contacted on 1850 241850 or 041 6850300*
- *If many teachers are absent the most senior teacher in the school shall act as Príomhoide under the direction of Gillian Ní Chochláin (Cathaoirleach). The school will only be closed with permission from the Bord Bainistíochta and, when the HSE, Roinn Oideachais and the cigire have been informed.*
- *Parents shall receive communications informing and advising about the current state of school (if the need arises).*
- *When there is a pandemic of this type in the school, emphasis on children's attendance will be lessened*

- fad is a bhíonn droch thinneas mar seo sa scoil chun brú ar theaghlaigh a laghdú.
- Cabhraigh le Phobal na Scoile a ról a thuiscint ag cabhrú linn cosc a chuir le leathnú an Víreas Covid-19 sa scoil agus sa phobal.
 - *Help the school community understand the important role they can play in reducing the spread of the virus Covid-19 in the school and in the community.*

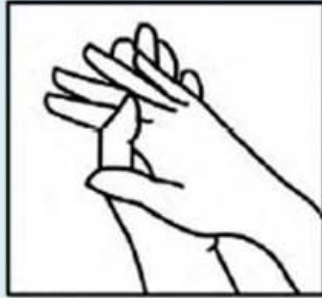
Rólanna	Freagrachtaí
Glantóirí	<ul style="list-style-type: none"> • aon dhromchla go leagtar lámhe air go minic, ar nós boird, murláin dorais, méarcláir nó pinn a ghlanadh leis an ábhar glantóra cuí go laethúil.
Foireann Banndan Ghaelscoil Dhroichead na	<p>A.</p> <ul style="list-style-type: none"> ✓ Aire a thabhairt dá sláinte féin. ✓ Traenáil a dhéanamh leis na páistí ar <ul style="list-style-type: none"> • Lámha a nigh i gceart • Nuair a scaoiltear sraoth/casacht, é a dhéanamh i gciarsúr, a chaitear amach láithreach, nó i d'uilleann ✓ Boird a ghlanadh ag deireadh an lae (nó páistí a thraenáil chun é seo a dhéanamh) ✓ Cinntiú nach bhfuil na páistí ag roinnt pinn, criáin srl ach a gcinn féin a bheith acu. ✓ Bheith cúramach faoi acmhainní a roinntear- glan iPadanna srl sula seoltar ar aghaidh iad. ✓ Ceirteanna le bheith glanta go laethúil ag teocht ard <p>B. I gcás go dtéann rudaí in olcas</p> <ul style="list-style-type: none"> ✓ Ag bailiú sa chlós ar maidin, seachas sa halla ✓ Cosc ar thionóil móra/thurais scoile srl ✓ Cosc ar iPadanna a roinnt ✓ Cosc ar an leabharlann a úsáid (leabhair a roinnt)
Tuismitheoirí	<ul style="list-style-type: none"> • Má tá siomptóin Covid-19 ar do pháiste, coinnigh sa bhaile iad. • Bí an-aireach faoi shláinteachas • Cleachtaigh conas lámha a ní agus cuir i gcuimhne dóibh é a dhéanamh go minic • Cuir i gcuimhne dóibh gan lámha a bhaint leis an aghaidh • Casacht/Sraoth isteach i gciarsúr nó in uilleann a ngeansaithe <p>Cosc ar imeachtaí iarscoile má théann rudaí in olcas.</p>
Páistí	<ul style="list-style-type: none"> ✓ Nigh do lámha i gceart agus go minic ✓ Coinnigh do lámha anuas ó d'aghaidh ✓ Má scaoileann tú sraoth, nó má bhíonn tú ag casacht, déan isteach i gciarsúr é agus faigh réidh leis an gciarsúr sa

	bhosca brúscair ✓ Muna bhfuil ciarsúr agat, scaoil an sraoth/ déan casacht in uilleann do gheansaí. ✓ Ná roinn pinn srl
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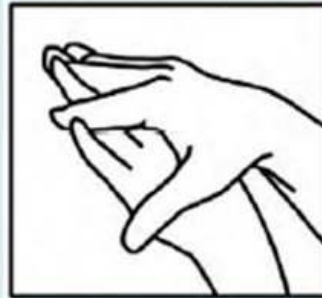
Acmhainní ag teastáil:

- ✓ Gallúnach breise
- ✓ Sprae Frithbhaictéarach
- ✓ Ceirteanna
- ✓ Lámhaínní Plaisteacha
- ✓ Ciarsúir Frithbhaictéaracha

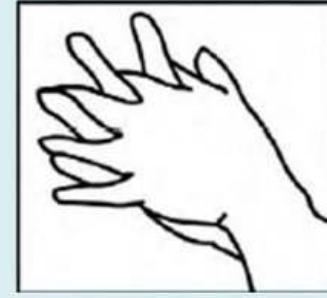
The 6 Steps of Hand Washing



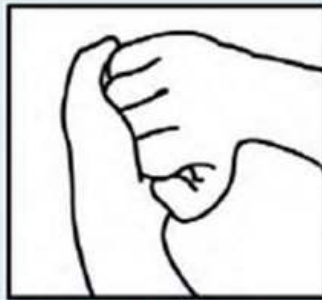
Palm to palm



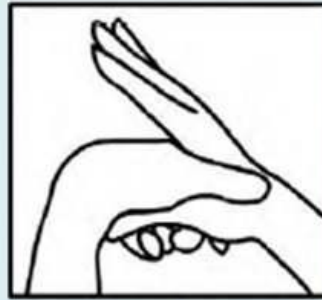
The back of the hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Nigh Do Lámha



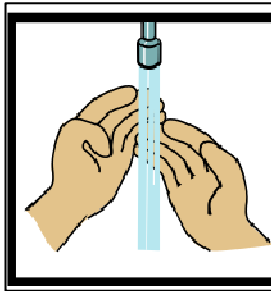
Fliuch do lámha



Cuir gallúnach orthu



Sciúr na lámha -
gach píosa!



Glan an gallúnach
de na lámha



Triomaigh na lámha

CLÚDAIGH DO CHASACHT AGUS DO SHRAOTH

Ná scaip na fridíní a dhéanann daoine tinn



Clúdaigh do shrón agus do bhéal
le naipcín nuair a dhéanann tú
casacht nó sraothartach



NÓ

Déan casacht nó lig
sraoth isteach i d'uillinn,
ní i do lámha.



Caith uait do naipcín!

Glan do lámha tar éis duit
casacht nó sraothartach.

**Go raibh
maith agat!**



HE

RESIST