

## Weekly Update 13<sup>th</sup> March

### Coronavirus / COVID-19

As parents and carers will be aware from the media, schools in Scotland remain open. We have had several parent enquiries about the possibility of closure and would like to reassure everyone that we are working closely with City of Edinburgh Council and NHS Health Protection to respond to the current situation. We are particularly conscious of the anxiety being felt by young people, especially those who are preparing for SQA Examinations and we will continue to support them as best we can. We will continue to share news and information with parents via Group Call and on our website – please check that we have up-to-date contact details for you if you have changed phone or email account recently.

More frequent handwashing is the best defence against becoming unwell as a result of the virus. Our Facilities Management staff are undertaking regular checks of toilet areas to ensure supplies of soap and paper towels are maintained. Later in this update we have shared the advice from NHS Scotland for places of education.



Wash your hands.



Use a tissue for coughs and sneezes.



Avoid touching your face.

[www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)

### SQA Exams Count Down

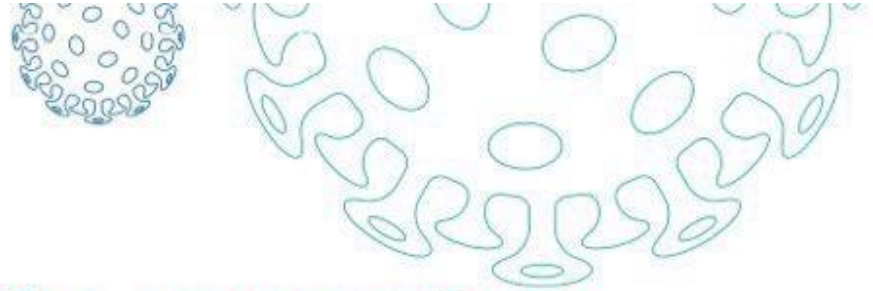
We have had a busy week at Portobello preparing for the National Qualifications. The Music Department has welcomed the visiting assessor and our pupils have given their performances after many weeks of practising. On Friday the first of the Modern Languages assessments took place with the visiting examiner for Advanced Higher German. Friday was also the day that a number of departments had packed up the externally assessed coursework for Nat 5s to be forwarded to the SQA for marking.

Next week a number of assessments are taking place:

- Tuesday 17<sup>th</sup> and Wednesday 18<sup>th</sup> March Advanced High French Talking Assessments
- Friday 20<sup>th</sup> March Advanced High Spanish Talking Assessments
- Friday 20<sup>th</sup> March AVU for Practical Cookery
- The Modern Languages N5 and Higher talking exams will run from Wednesday 18<sup>th</sup> March until Monday 30<sup>th</sup> March

This has been an unsettling week for everyone with what is happening in the world and what we are hearing in the news. At the moment it is business as usual with regard to preparing our pupils for their exams, but we will keep you and our pupils updated.

#Achieving Together



# Advice on the coronavirus for places of education

## How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

## How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China, Italy or other affected areas

## How can you stop coronaviruses spreading?

### If you need to cough or sneeze



Catch it with a tissue



Bin it



Kill it by washing your hands with soap & water or hand sanitiser

### You should wash hands with soap & water or hand sanitiser



After breaks & sport activities



Before cooking & eating



SCHOOL ETC.  
On arrival at any childcare or educational setting



After using the toilet



Before leaving home



Try not to touch your eyes, nose, and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as bedding, dishes, pencils & towels

## What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days or had contact with someone who has coronavirus illness.

If your staff member or parent thinks you have symptoms of coronavirus, they should call the GP or NHS24 (111) for advice. Teachers and support staff should follow the Health Protection Scotland (HPS) advice for childcare or educational settings <https://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-to-educational-settings/>

Staff, students and pupils who have returned from Category 1 risk areas for COVID-19 within the last 14 days should self-isolate, and NOT attend education or work for 14 days, even if they feel well. You can find information about affected areas on the HPS website <https://www.hps.scot.nhs.uk/a-to-z-of-topics/wuhan-novel-coronavirus/>

Staff, students and pupils who think they have been in contact with someone infected with coronavirus should NOT attend education even if they are well, but should first contact their GP or NHS24 (111) for further assessment and advice.

See [nhsinform.scot](https://www.nhs.uk/inform) for more information about coronavirus.

If there is an emergency, call 999 immediately and tell the call handler/operator that person has been in a risk area for COVID-19 or had contact with a case



## Queen's Hall Resonate Concert

A huge well done to all our incredible musicians from the Portobello High String Orchestra and Spurtle folk Band, who performed on Thursday evening in the Queen's Hall. They played an excellent programme to an extremely high standard and were a real credit to the school. Our string orchestra is one of the largest school string orchestras in Scotland, and we received incredible feedback from parents, staff and audience members. Well done everyone!



## Eco Club

Members of PHS Eco Club represented the views of young people as delegates at the Youth Climate Summit last week. The summit was organised by the council and facilitated by MSYPs and members of the Youth Climate Strike organisation ahead of the 2020 United Nations Climate Change Conference in Glasgow later this year.

