

## SUCCESS ACADEMY TRUST CORONAVIRUS PLEDGE

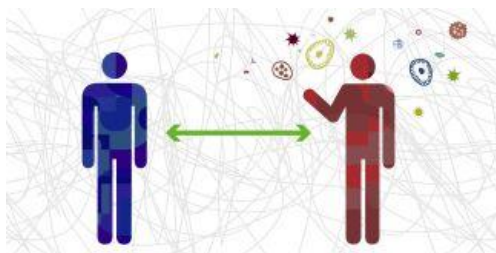
We pledge to battle against the coronavirus and protect our community and society by:



**Washing our hands / sanitising** on arrival, before eating, before leaving and at regular intervals. Trying not to touch our face.

Following **'Catch it, bin it, kill it'** advice with coughs and sneezes and keeping college surfaces and areas clean and sanitised.

Not crowding together in large groups and maintaining **social distancing** between adults and bubbles.

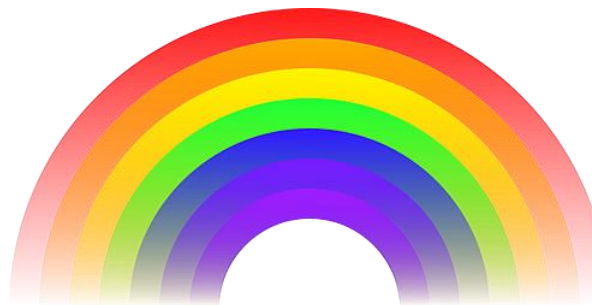


**Staying at home** if we have a new persistent cough or a temperature over 37.8 degrees and remaining self-isolated for 14 days if we have these symptoms.

Following up to date government advice.

**Eating and exercising healthily** to keep our immune systems strong.

We pledge to battle against the diseases of fear, anxiety and loneliness by:



**Maintaining a positive attitude** – we can't change events around us, but we can change our attitude to them.

**Maintaining our own wellbeing** and giving ourselves time and space away from news, social media, work and pressures.

**Laughing together and having fun** in creative ways that follow the current guidance, including wellbeing blogs, local wellbeing groups and safe and fun wellbeing challenges.



**Checking in on people** who are self-isolating or who are elderly or vulnerable from a distance – phone, text, Facetime, etc – so that they are less lonely, and helping them get food or medicine when they need to.

**Looking after and encouraging** those around us in every way, and shining kindness and light into the lives of those around us.