

## Coronavirus: Advice for Parents

### **1. What's the single most important thing we can do to protect our children?**

Make sure they understand that hand-washing isn't optional and give them a helping hand showing them how to do it properly: using soap, warm water and keeping to the recommended time frame. Washing should take 20 seconds, why not try finding a song they can sing (in their heads, possibly twice through) — like the ABCs or "Happy Birthday" song. Ensure they wash whenever they come in from outside, before eating, after coughing or sneezing or blowing their nose and, of course, after using the toilet.

For younger children, it can't hurt to remind them that nose-picking is a no-go, and that they should cough into their elbows. If you can, clip their fingernails frequently, as they provide a sneaky hiding spot for viruses. Hand lotion keeps skin comfy and unbroken, which also helps prevent the spread of infection.

Try laundering things like coats, backpacks and reusable shopping bags more frequently and take off shoes when you come inside.

For cleaning the house, use diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common household disinfectants should be effective. Do be sure to keep all cleaning products out of reach of children.

### **2. This health crisis can be scary. How should we talk about it with children?**

Keep it simple and age-appropriate. For example, don't tell your child they won't get it; you don't know that. Instead, tell children that, from what doctors have seen so far, most children aren't getting sick. In fact, most people who've gotten COVID-19 haven't gotten very sick. Only a small percentage have had serious problems.

### **3. Why is/isn't my school being closed?**

Many dance and performing arts school Principals are advised to stay open unless there is an infection or potential infection in the school before closing.

The decision to close our school is not being taken lightly and is being made in conjunction with government and local authority advice including teaching associations. We understand that many parents and caregivers will have to scramble for child care, especially low-wage workers who may not have holiday or sick leave. If you're not one of those parents, try to do something to help those who are.

Closure can last two weeks or more.

### **4. For parents who can stay home, many are wondering: What exactly is "social distancing?" Can my children still go on play dates? Or is it screen time, all the time?**

The idea with closing schools is to limit the number of social contacts. That is what is going to be most effective in slowing the spread of this disease.

Social distancing doesn't mean you have to stay stuck in your house, you should following the government guidelines on how you can meeting up with others safely. Head over to the [.gov website](#) for full details and clarification.

The current recommendation is to avoid large groups and keep a 2 measure distance.

However, if you don't fall into the high risk group, you can still certainly visit other members of different households following the government guidelines.

We recommend keeping moving and active to help maintain a healthy and positive lifestyle. You can check out our pre-recorded class over on our Starcast Performing Arts Schools Youtube Chanel [HERE](#)

## **5. What happens to classes if the school is closed?**

Our current plans are as followed:

- A. To provide pre-recorded accessible to all enrolled students
- B. To provide live Zoom classes accessible to all enrolled students
- C. To provide a mix of Pre-recorded and Live Zoom classes accessible to all enrolled students
- D. To set home learning tasks – set exercises, scripts routine work etc to support performing arts home learning

## **6. What happens to the money that has been paid for classes if the school is closed?**

A. Fee money will be used to cover the cost of your online learning instead

B. No refunds will be given

\*These details are set out in your terms and conditions prior to signing up to any Starcast Performing Arts Schools session(s).

**You can access all our policies and T's & C's [HERE](#)**