



4 principles to keep in mind



1. Self-care.

Look after ourselves and others.

2. 'News' vs Facts.

Follow the facts (PHE & Government advice) and don't get caught up with the 'news'.

3. Business as usual but with different guidelines.

For the moment, the school day is just a 'new normal'.

4. Control vs Response.

We can't control it, but we can control our response to it and stay grounded.

