



School Education and Literacy Department,  
Government of Sindh

## SINDH PROVINCE

# Children's Guide for the Safe Reopening of Schools

THIS GUIDE HAS BEEN  
WRITTEN **BY CHILDREN FOR CHILDREN** TO HELP  
US TO BE SAFE AND KEEP LEARNING WHEN  
**SCHOOLS RE-OPEN**

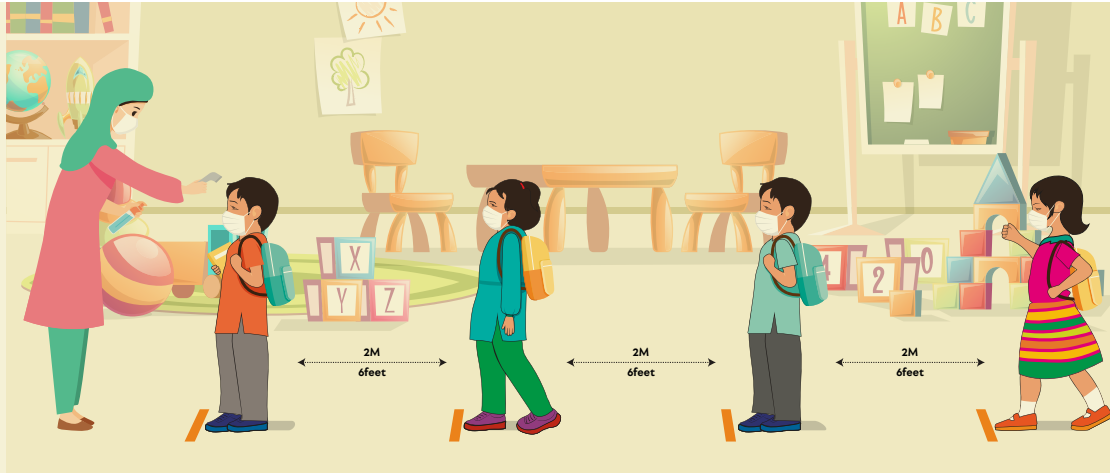




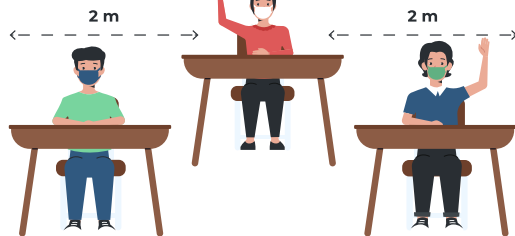
## Introduction

The outbreak of coronavirus disease (COVID-19) has caused a severe disruption to our learning since February 2020. The Government of Sindh closed schools on February 27, 2020 to ensure our health and well-being. Some of us have been watching Teleschool and learning online but many of us don't have access to any kind of learning. Soon we will be able to return to school but things will be very different for quite a long time. This guide is to help us to go back to school safely so that we can keep learning.

**There are four sections in this guide.**



Our health and safety at school



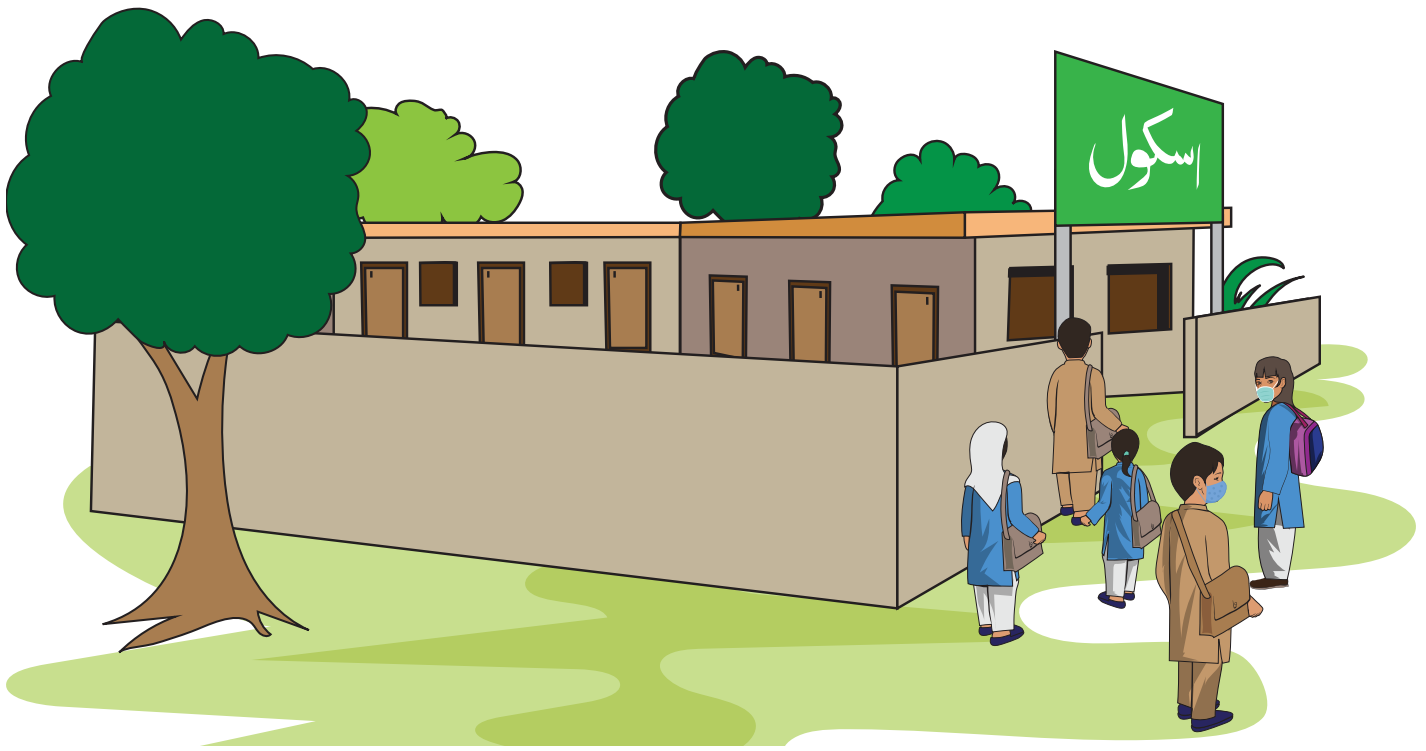
Our learning during COVID-19



Everyone keep learning



Let's help each other



## Some questions this guide will answer

**When and how will schools reopen?**

School reopening will be decided by officials at the federal and provincial level. Schools may open:

- All at the same time
- In some districts
- For students in some grades
- Or some combination

Your headteacher will explain how your school will reopen

**What do our schools need to do to get ready for opening?**

For example

- Does water need to be available at our school?
- What social distancing requirements must we follow?
- Will we have our temperature taken before entering a school?
- Will we need to wear masks?
- Will our schools be thoroughly de-contaminated before re-opening?
- Has our school established linkages and agreement with Health Services, in case a child needs emergency care?
- Will our school make special arrangements (hiring of additional day-care staff) for students of Nursery and Class One to ensure regular and proper hand washing as little children need constant vigilant care

**What do we need to do to stay healthy and safe?**

- Travelling to and from school to home
- At school
- For our wellbeing

**How will we keep on learning?: For example:**

- If school hours are shorter
- If schools have to re-close
- If I or my family member are sick and have to stay at home

**What will happen if my teacher has to work from home?**

- We may get a temporary teacher
- We may study from home



## Challenges for the safe reopening of schools

It is very difficult for our officers and headteachers to decide when to reopen schools as COVID-19 hasn't gone away yet. There are some challenges for everyone.



40% of our schools do not have water for handwashing, especially in rural areas



In most schools, it will be very difficult to stay apart from our friends if we all go back to school at the same time.



Some of our teachers may not be able to come back to school because they are elderly or more at risk of getting COVID-19



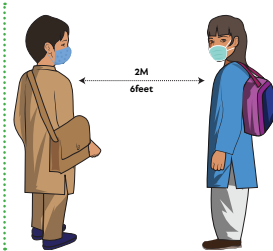
We may have to learn at home through new methods and a combination of learning at school and at home.

We will all have to work together to keep healthy and safe and to keep learning.

## 1. Our health and safety at school



Wash our hands



Keep our distance from friends and teachers



Wear a mask



Keep safe





## Wash our hands

It is very important to wash our hands with soap to keep healthy. Some of our schools have good wash facilities but some of our schools don't have any water. Our officials and headteachers are working hard to make sure we can wash our hands regularly at school. Some of us may have to go to a different school or building or stay at home to learn if our school doesn't have any water. We can also wash our hands using hand sanitizer if our school doesn't have water.

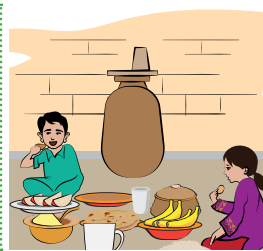
### Wash our hands!



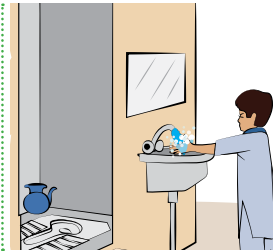
Wash our hands with soap **BEFORE** we leave home



Wash our hands when we arrive at school



Wash our hands after eating



Wash our hands after going to the toilet

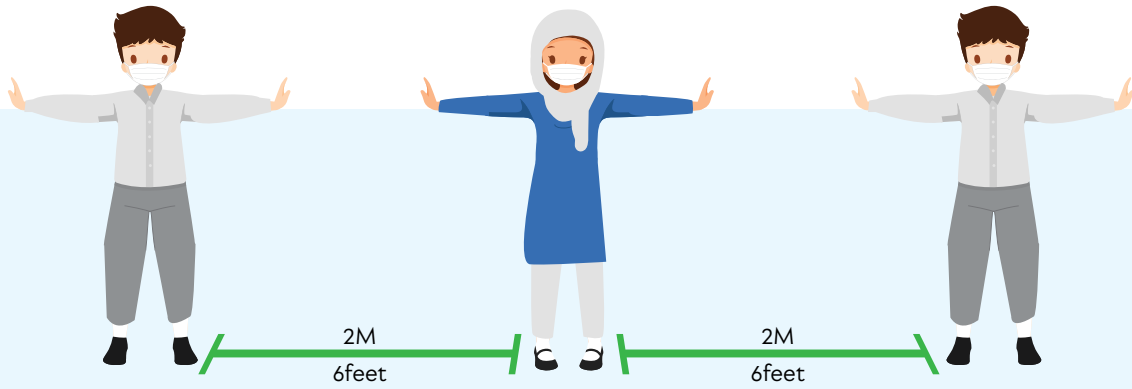
## Keep our distance from friends and teachers

We love to be close to our friends to play, chat and learn. However, COVID-19 jumps between people very quickly so we have to keep our distance from each other to stay healthy. Our Government recommends keeping a distance of 6 feet (about 2 metres) from each other.

Our schools are trying out different ways to keep the distance between children and teachers. In some schools there is a lot of space and we will be able to go back to school. In other schools, the classrooms are very small and we may not be able to go back to school at the same time. Some of us may learn at home on some days and at school on other days. Our headteacher will tell us more about our school.

Our concerns are regarding keeping safe distance, when we travel from home to school, and back. The school bus as well as the privately rented vans for the purpose, always are full to capacity. Guidance and protocols must be put in place in this respect to keep us out of danger, without increasing the bus/transport fee, as it will add economic burden on our parents.

We hope our teachers will make sure that we social distance from other children and that teachers are aware of the prevention measures.



### Keep our distance!



Stay at least 2 metres away from our friends and teachers



Don't shake hands or hug our friends and teachers



Don't share our books or pens or snacks



Listen to our teachers carefully



Be very careful entering and leaving school and at break time



Sit on our own at school and on the school bus

## Wear a mask

Wearing a mask at school will help everyone to be safe. We need to wear a cloth mask to school. Every day we need to wear a clean cloth mask to school. When we start school again, we would like a safety kit including masks and gloves.

### Wear a mask!



Cover our nose and mouth with a mask



Wear a clean mask every day



Dispose of temporary masks in a closed rubbish bin



Do not share masks with anyone

## Keep safe

When we arrive at school we may have to enter and exit school using different gates. We may get our temperatures checked. Our teachers might ask us regularly if we feel unwell. It is very important that we tell our parents or teachers if we have a headache, sore throat, cough or fever.

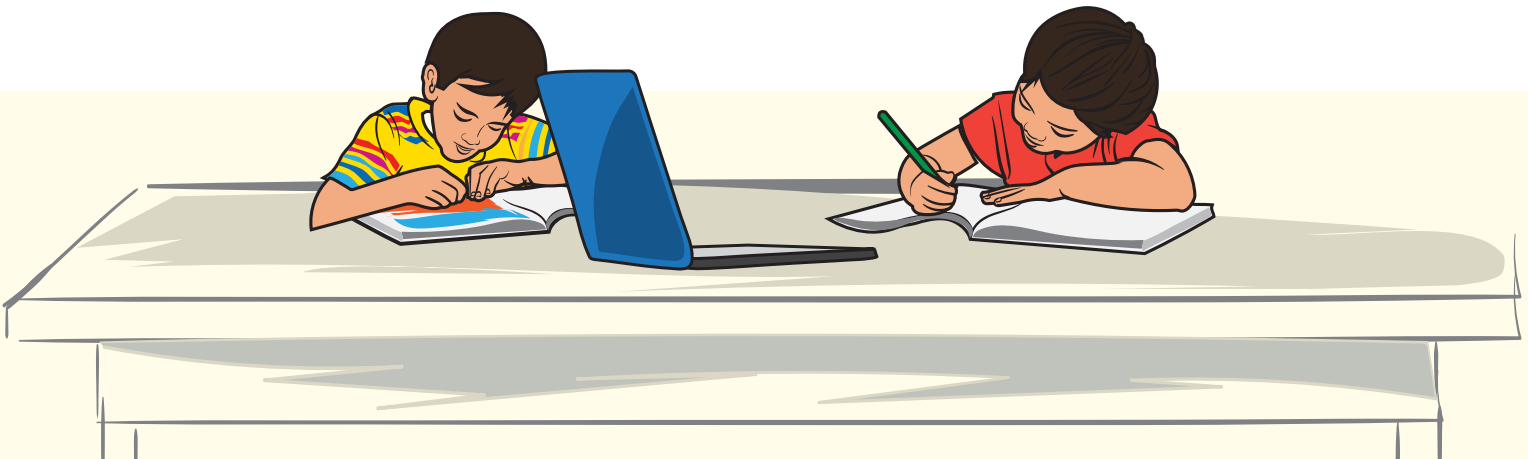
### Keep safe!



Tell our parents if we feel unwell and stay at home



Tell our teacher if we feel unwell and they will help us to get home.



## 2. Our learning during COVID-19

Officials and headteachers are making lots of plans to ensure that we keep learning during COVID-19 and when schools reopen. We mustn't worry about missing out on learning as our teachers will prioritise the learning we need to do. We also can do extra learning at home.

Even when schools reopen our timetables might be different. Some children may be learning at school on some days and learning at home on other days.

There may be times when our schools have to close again if we have an outbreak of COVID-19 in our school or community or district. We will need to keep learning at home using our learning packs, teleschool and online learning options. Our teachers will guide us in this learning.

Some of our friends may not be able to come back to school at first. We can motivate them to learn by calling them and helping them remotely.

We would like a lesson on corona awareness when we start school again.

We would like some extra revision time so that we can catch up on our lessons.

### Our learning!



Learning is very important for all boys and girls



The more learning we do, we can help our families to be healthy and get better jobs in the future

## 3. Everyone keep learning

It is very important that we all go back to school when schools reopen. We may feel worried or we may have other things to do. But learning is really important for both boys and girls. The more learning we do, the more opportunities we will have for a healthy long life and good jobs. Let's encourage all our friends and neighbours to go back to school.

### Everyone keep learning!



Learning is very important for boys and girls



The more learning we do, we can help our families to be healthy and get better jobs in the future

## 4. Let's help each other

COVID-19 has impacted us in many ways. We sometimes feel scared or stressed. We may have experienced violence at home or seen it. We can get help. Some of our teachers have special training to help us and will keep our conversations confidential. Our headteacher will tell us which teacher has special training and can help. There is also a hotline we can call if we need help. It is 1121. We can also help each other to stay strong and brave.

COVID 19 is a really stressful time for all of us – children, as well as our elders. Our parents are concerned for us, especially our health, our education, and our wellbeing. We want our parents to be relaxed and healthy while we are at home and when we go back to school.

Now we are helping our parents in day to day chores, especially planting flowers, taking care of plants, decorating home, playing games like Ludo, badminton or cricket, watching movies, preparing embellishments for Mom's clothes using small pieces of clothes, preparing photo collage to decorate room walls, celebrate little things, innovate in cooking, and of course praying and sleeping and getting up on time. This is our routine.

Once we go back to schools, we want our teachers to take care of this aspect of the long traumatic time when we feared sickness and death, and include recreation, activity based learning and other activities so that we can easily but slowly return to our learning time routine as before.



### Help Each Other!

Ask for help if you feel scared or stressed.  
Call this hotline for confidential help

**021-111-11-9123/9123**

Aman Tele Health services,

**021-35381810/1166**

Operation Center Provincial Emergency,

**1121**

Social Welfare Department



# Thank you

To all the children and teachers who reviewed this guide and made very good suggestions for improvement.

- Indus Resource Centre (IRC) for coordinating interviews with children
- UNICEF education staff children
- Reform Support Unit (RSU) for online interviews with students of Government schools

48

Children in Khairpur  
(Boys 24, Girls 24)

48

Children in Hyderabad  
(Boys, 24, Girls 24)

20

Children in Kemari Town, Karachi  
(Boys 10, Girls 10)

In total,

228

children reviewed this  
guide for UNICEF

50

Children in Ghotki  
(Boys, 28, Girls 22)

16

Children in Gadap town, Karachi  
(Boys 8, Girls 8)

15

Children in Bin Qasim town, Karachi  
(Boys, 5, Girls 15)

28

Children from Government Girls  
Comprehensive School, Azizabad No. 8  
(Boys 12, Girls, 16)



unicef   
for every child



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