

# Support for post-primary students



## Advice for your return to in-person learning

To ensure **your safety**, follow the rules and routines put in place by your school. These include:

- Social distancing
- Washing your hands regularly with hand sanitiser
- Wearing a face covering where a two metre distance cannot be maintained.

Be sure to **play your part** and contribute to discussions. Remember, your opinions matter. Support your classmates, they may be glad of a listening ear.

When on **school transport**, sit in your assigned seat and wear a face covering when waiting for and when on board the bus.



You may feel that you have **missed out on learning**. Don't worry, the Department of Education and your teachers will support you, especially if you are an exam year student.

If you have **COVID-19 symptoms**, you should not attend school. While at school, if you develop symptoms, you should tell your teacher immediately. See [here](#) for more information.

There is always **someone to help** if you feel anxious. If you have any worries, you can reach out to your tutor, year head, guidance counsellor or a trusted adult.

