

SUNRIDGE  
VANDAG



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TODAY

6 August 2021

Dear Parents

## URGENT SNAP NEWS

We have been monitoring our children and their wellbeing at school. With the alternative day option we could easily and safely allow for the so called masks breaks. We could use shields as the 1,5 meter social distancing was safe. The 1 meter social distancing and compulsory wearing of masks is becoming an issue - to take a mask break every 2 hours is not supportive to those really struggling. They are just children - we will make changes but we will also monitor it very closely. Should this trend continue we will definitely reconsider our options as the wellbeing of our children is way more important.

We have had several queries from parents and our staff are struggling to support all learners. We need to find a way to help the learners who really struggle with wearing a mask for two hours. Shortness of breath, tiredness, anxiety and heart palpitations are just a few symptoms that have been experienced by some of our learners. To ensure the safety and wellbeing of ALL our learners we will introduce the following from **Tuesday, 10 August 2021**:

- Learners who have face shields may bring them to school and may wear them in class WITH a mask.
- If a learner experiences any breathing difficulties he/she can lower the mask for a "breather" but the shield is not negotiable in such an instance. The staff member will monitor this and we will not tolerate any misuse of this arrangement.
- In such a case no talking is allowed as any dialogue in the classroom must be done with all parties wearing their masks.
- Grade 1-3 will carry on with their normal breaks, brain breaks and snack break as planned for by the Foundation Deputy Principal. They are currently fine.
- Grade 4-7 will carry on with their normal breaks as planned for by the Intersen Deputy Principal, this will assist them as they are the one's who are struggling.
- Grade 4-7 will have a compulsory brain break in class at 09:00 every day for 5-10 minutes – Masks MUST be worn.
- Grade 4-5 will have a compulsory snack break in class at 12:15 for 5-10 minutes – one eat and one read system to be followed. NO TALKING allowed.
- Grade 6-7 will have a compulsory snack break in class at 12:50 for 5-10 minutes – one eat and one read system to be followed. NO TALKING allowed.
- Any learner not adhering to the regulations and rules will be dealt with as before – parents to be notified and learner will be removed from such a venue.

We are still amid very trying times and we might need to adjust again in the near future as the wellbeing of each learner is of the utmost importance to us all. Let us join hands and see if we can make life more bearable for all parties.

We kindly ask for parents to support us. The previous request for children to bring their own hand sanitizer is, with the full return, even more important for the safety of your child. Taking care of their own space is now essential.

Enjoy your long weekend and please stay safe.

Sunshine greetings

M DE VRIES

Principal

