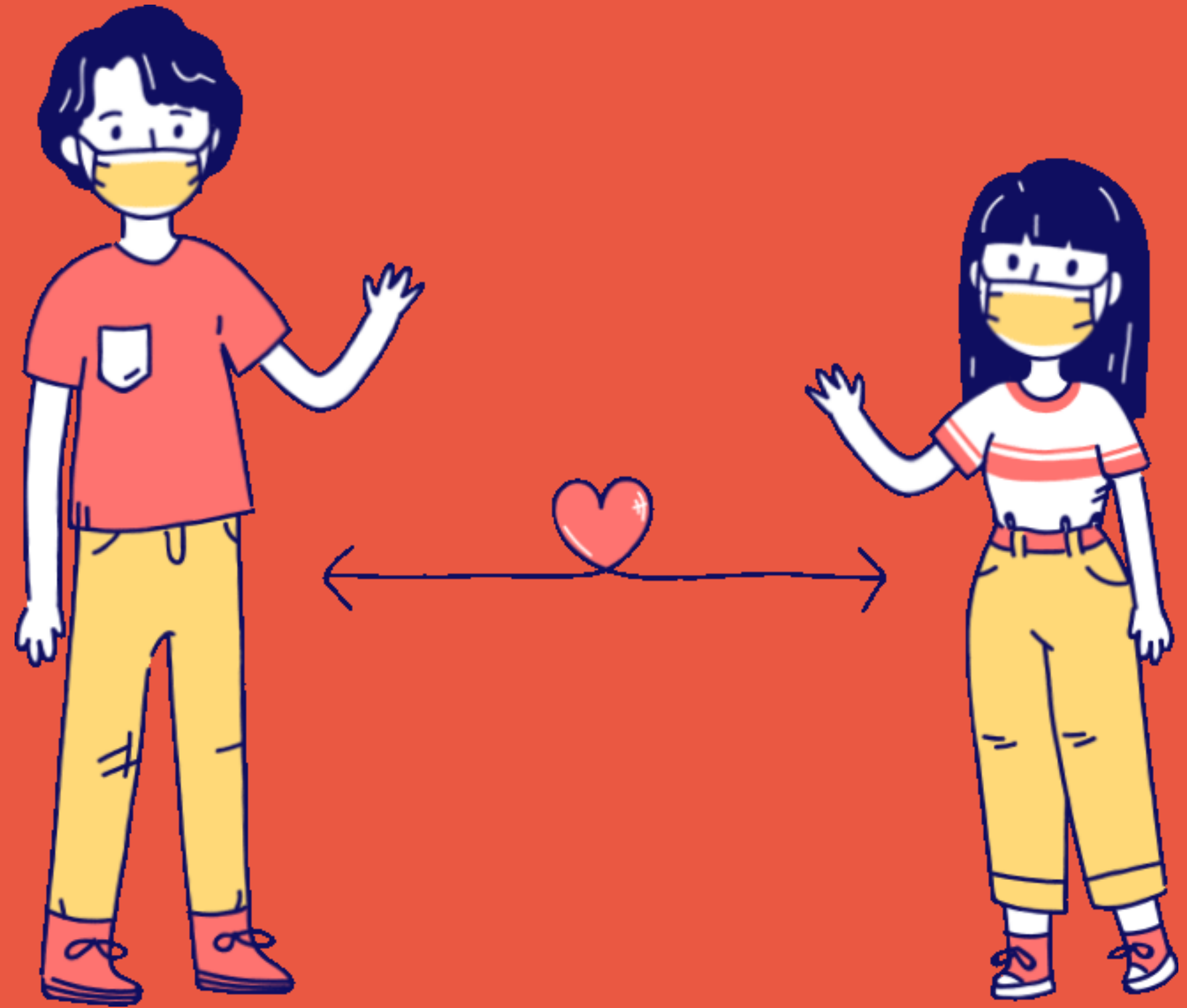


Wearing a mask to school

Support for Junior School students in adjusting to masks at school



When you come
back to school,
many adults and
children will be
wearing a mask.





Wearing a mask at school is different, and seeing your friends in masks is different.

But you can cope with this change.

Masks help to keep us
all safe.

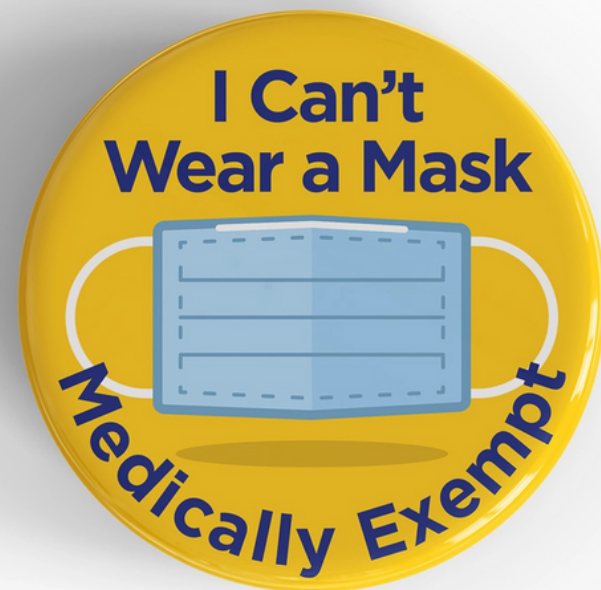
If you **CAN** wear a
mask, that helps you
to stay safe and
healthy.





Some people **cannot** wear a mask because it hurts them more than it helps them.

Their doctor has said it is not a good idea to wear a mask.



It is not kind to ask them why they are not wearing a mask.

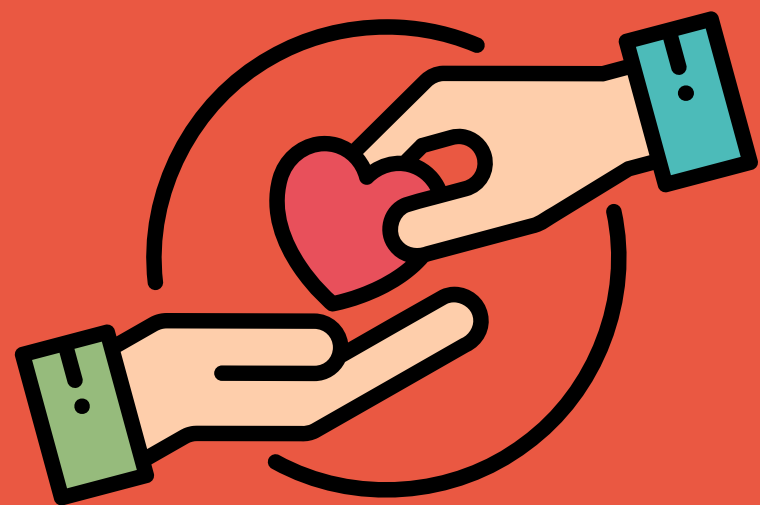


Wearing a mask (if you can wear a mask) helps to keep other people who cannot wear a mask safe.

This keeps everybody safe and well.

Wearing a mask shows how we care for ourselves, and how we care for others who cannot wear a mask.

Wearing a mask is a special way we can show kindness to everyone!



Kindness
MATTERS



- When I put a mask on, I can make sure it covers my mouth and my nose.



- I can practice putting it on and taking it off, so I know how it works.



- I can make sure my name is on my mask so If I lose it, I can get it back.

- If I need help with my mask at school, I can ask a teacher.



- I should use a snap lock bag to put my mask in when I need to take it off.

- I should bring some spare masks in my bag.



- I can continue to do other safe things like washing my hands, using hand sanitiser, and keeping space between people.



- I can remember that wearing a mask is being kind to myself and to others who cannot wear a mask.

Further resources for adults supporting children with masks

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/face-masks-coronavirus-children>

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Cloth-Face-Coverings-for-Children-During-COVID-19.aspx>

<https://www.urmc.rochester.edu/strong-center-developmental-disabilities/resources/masks-toolkit.aspx>

