



SCOIL MHUIRE GAN SMÁL

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Staying Well with Good Hygiene

Dear Parents/Guardians,

Today, your daughter has been learning:

- How to cough/sneeze into her elbow.
- To bin used tissues.
- How to wash her hands properly (with soap and water for 20 seconds).
- To avoid touching eyes, nose, or mouth with unwashed hands.
- Why it is sometimes important not to borrow or share pencils, etc.

Please help us to promote good hygiene by repeating these hygiene lessons at home.

While all classrooms are equipped with soap and paper towels, you may decide to pack a personal soap bag/zip-lock bag (with hand sanitizer/wipes and a small cloth/towel) for your daughter's own use.

Finally, may I emphasise how important it is not to send your daughter to school if she is unwell (a cough; shortness of breath; breathing difficulties; high temperature).

Further information is available from www.hse.ie.

Kind regards,

Bernie Murphy
Principal