

To parents/guardians of students in upper secondary schools

Spring term is well under way and now we have a well-earned break for our students. The pandemic has affected our whole society, even upper secondary schools. Here is some important information for those of you who have one or more students in upper secondary school.

Follow the restrictions even during the break

It is important that we all follow the restrictions even during the break. This applies regardless of whether you spend the break at home, in another place in Sweden, or travel abroad.

[Read more about the Public Health Authority's general advice and recommendations.](#)

For those who plan to travel abroad during the break.

If anyone in the family travels abroad during the break, ALL family members must stay at home in 'family quarantine' for at least 7 days after the family member has returned from overseas. This even applies if the upper secondary school student has not travelled overseas. This also applies if anyone in the family has been tested for Covid-19 and the test results are negative. If the whole family has travelled abroad, then the whole family needs to quarantine for a minimum of 7 days after they return.

[Here can you read about the Public Health Authority's recommendations if you plan to travel during the break.](#)

Upper secondary school students who have distance teaching/education can get lunch boxes.

The Board of Education has decided that students studying at Uppsala's municipal upper secondary schools are to be offered lunch in the form of a lunch box every day during the weeks they have distance teaching. Students can pick up a lunch box at a specified preschool near their home on Monday – Friday between 07.30–08.00 or 12.00–12.30.

There is no possibility for the preschools to store food, so you can only pick up food for one day at a time.

The students should inform their principal if they want to pick up food during the weeks there is planned distance teaching. They will then receive more information on how to order the food.

Use face masks on public transport

Since the 7th January 2021, the Public Health Authority has recommended the use of face masks on public transport during rush hours. This means that people who travel with public transport where it is not possible to keep a distance through booking a ticket are recommended to wear face masks during the time when many people usually travel e.g. 07.00-09.00 and 16.00-18.00. These recommendations can change so please check for the latest updates regularly.

These recommendations are aimed at people born 2004 and earlier i.e. upper secondary school students and older.

People travelling with UL who have not been able to acquire face masks or have forgotten them can pick up face masks for their daily travel at UL Centre, which is in Uppsala travel centre.

[Information on UL's website](#)

Preventative measures in our schools

In conjunction with local safety representatives, all schools have conducted their own specific and adapted risk assessment. Conditions differ between different schools, for example depending on what the premises are like and how many students the school has. These measures are continually updated based on the infection situation, new advice and recommendations from the municipality, the National Agency for Education, the Public Health Authority and other authorities.

Staffrooms

- All staff meetings take place digitally
- Staffrooms are regulated as to how many people can be in the staffroom at the same time, and to further reduce crowding extra rooms are available during lunchtime and for planning.

Other measures

- We have extended the cleaning routine for contact surfaces.
- Distance marks have been placed on the floors along corridors and in refectories and information leaflets are posted around the school.
- We encourage students to have good hand hygiene and to follow social distancing.
- We have hand stations with hand disinfectant.

- Windows are opened between classes to air the room.

Reducing the spread of infection is your responsibility

Reducing the spread of infection is your responsibility – even during the break. The choices you make can both save lives and mean we can return more quickly to a normal life. There are a lot of fun things that can be done during the break that can be organised thoughtfully and minimise the risk to others. Keep your distance – turn around if there are too many people in one place and follow the Public Health Authority's recommendations. Together, we can reduce the spread of infection.

[Here you can find links on tips for different activities during the break.](#)

[Here you can find tips on outdoor activities and digital experiences.](#)

[Here you can read a bit more about joint actions and advice from Uppsala municipality.](#)

Finally, I want to remind you to follow the recommendations that students should stay at home if they have the slightest symptom and contact 1177.se for testing. It is still important to have good hand hygiene and that students stay at home for a minimum of 48 hours after they are symptom free before returning to school. Continue to avoid unnecessary contact with other people.

I hope that you all have a really good break.

Look after yourselves!