



Working together - Learning forever

14th March 2016

Dear Parents and Carers,

During the last couple of months we have had an increased level of contagious illnesses and conditions that I would like to draw your attention to. These are common day to day illnesses which are easily spread through contact between pupils. As a school we are seeing an increasing number of pupils who are coming into school with symptoms when they possibly should be at home resting to ensure not only are they able to recover fully, but also so as not to spread illnesses to other pupils and staff.

If a child needs to be administered 'over the counter' medicines such as Calpol during the school day it has to be asked if they are well enough to be in school. As a school, we are only able to administer **prescribed medication** when appropriate forms have been completed by parents. I understand how difficult it is for working parents when your child is unwell, but we do urge you to be cautious before sending your child into school when they are not well.

As a school we always take advice from Public Health England regarding the control of infectious diseases and we are constantly promoting rigorous handwashing among the pupils.

With regards to vomiting and diarrhoea there should be a clear **48 hours** after the last bout, as advised by Public Health England. This is an increase to our previous recommended absence period from 24 hours to 48 hours to ensure that pupils themselves are well enough to cope with the rigours of a school day as well as ensuring that they are not contagious.

When children return to school too soon after illness their immune systems are low and unable to fight off the day to day bugs they may come across. By ensuring adequate recovery time this will help to strengthen your child's immune system and also reduce the risk of passing on illness to others. We know it is very frustrating for parents when children tend to pick up one bug after another which is why we all need to work together to ensure that children are kept at home when poorly to avoid further spread.

On the next page I have included a table of the common illnesses and conditions that we have seen recently. If you would like further information, please take a look at the Public Health England document on the Parent Page of our school website.

Thank you for your support in this matter.

Yours sincerely,

Clare Grehan

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Illness/condition	Recommended absence from school	Information
Shingles	Until all rash is dry and crusted over Absence recommended if rash cannot be covered	Can be a risk to pregnant women and vulnerable people who have not had chickenpox
Chickenpox	Until all spots are dry and crusted over	As above
Hand foot and mouth	No enforced absence but – recommended to stay at home whilst pupils are feeling unwell	Symptoms include a high temperature, loss of appetite, tummy pain, sore throat and mouth. These are followed after one or two days by red spots and mouth ulcers, then small red spots likely on hands and feet which may turn into blisters
Impetigo	Until all lesions are crusted and healed or 48 hours after starting antibiotics	
Diarrhoea and/or vomiting	48 hours since last episode of diarrhoea or vomiting	
Glandular fever	none	Symptoms are: High temp, sore throat, swollen glands, extreme fatigue. Is spread through coughs and sneezes, kissing and sharing of unwashed utensils
Head lice	none	Live lice and eggs should be treated and removed. Many over the counter remedies available. Can cause anaemia in severe cases when left untreated

Advice taken from Public Health England and NHS UK.

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