



St. Mary of the Angels Catholic Primary School
Following Jesus in all we think, do and say

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1st February 2023

Dear Parents and Carers,

Winter Illnesses: Guidance and Meeting for Parents / Carers (Wednesday 8th February 9am)

As we are in the depths of winter and illnesses are most prevalent, it is important to remind yourself about how to care for your child, and know when your child should and should not be brought into school.

Most common illnesses will clear by themselves within a week or two. You only really need to contact your GP if: your symptoms persist for more than three weeks, your symptoms get suddenly worse, you have breathing difficulties or you develop chest pain. More details can be found below re common illnesses..

Coughs and colds: It's fine to send your child to school with a minor cough or common cold. But if they have a fever (raised body temperature), keep them off school until the fever goes. Encourage your child to throw away any used tissues and to wash their hands regularly.

Sore throat: You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of tonsillitis.

Vomiting and diarrhoea: Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Scarlet fever: If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.

Chickenpox: If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

Conjunctivitis: You don't need to keep your child away from school if they have conjunctivitis. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

Coronavirus (COVID-19): Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either: have a high temperature do not feel well enough to go to school or do their normal activities. If they have mild symptoms and they feel well enough, they can still go to school.

If you do keep your child at home, it's important to phone the school on the first day. Let them know that your child won't be in and give them the reason. If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

There are a few preventive measures you can encourage your children to do to reduce the risk of winter illness: Wash hands frequently, stay up to date on vaccinations (including your annual flu vaccine and your COVID-19 vaccine if eligible), eat healthy foods and drink plenty of water, and get plenty of rest.

You can also find further guidance on the government website (<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>)

You are also warmly invited to join me at the meeting about winter illnesses being held in school on Wednesday 8th February at 9am straight after drop off.

Kind regards,

Prudence Barnes

Kensington, Chelsea and Westminster School Health service

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