

St Oswald's Church of England Primary School

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'Stand firm in the faith and do everything with love' 1Corinthians 16:13

Dear Parents and Carers

As the colder months approach, we often see an increase in common illnesses such as colds, coughs, and flu. To help our children keep healthy and reduce the spread of germs, we'd like to share a few simple but effective ways to prevent illness this winter.

Encourage good hand hygiene

Regular handwashing with soap and warm water, especially before eating and after using the toilet. This is one of the most effective ways to stop the spread of germs.

Teach children to catch coughs and sneezes

Please remind your child to cover their mouth and nose with a tissue or the inside of the elbow when they cough or sneeze, and to dispose of tissues immediately.

Keep warm and well fed

Ensure your child is dressed appropriately for the weather and eats a balanced diet rich in fruits and vegetables to support their immune system.

Rest, recovery, and school attendance

It's normal for children to feel a little tired or under the weather during the winter months. Whenever possible, we encourage children to attend school, even if they have mild symptoms such as a slight cough or cold. Attending regularly helps them to maintain routines, continue learning and stay connected with friends. However, if your child is severely unwell, for example, has a very high temperature, is vomiting regularly, or is too ill to take part in normal school activities they should remain at home. At this stage, medical advice should be considered and contact should be made with the child's GP or local walk in service so effective treatment can be administered.

Reporting absence

If your child is unable to attend school due to illness or a medical appointment, it's important that you notify school as soon as possible, ideally on the first day of absence. Where possible, please provide evidence for all absences. You can provide appointment cards, medical notes, or other relevant documentation, so we can accurately record attendance.

Flu vaccinations

The NHS recommends flu vaccinations for eligible children. If your child is eligible, please contact your GP to arrange the vaccination.

Supporting good attendance

We understand that maintaining regular attendance can sometimes be challenging. By providing support, guidance and early interventions, we aim to ensure all children can achieve good attendance by putting students and families first.

Warm regards

Mrs A E Gray
Headteacher