



Executive Headteacher Mrs C Adams
Headteacher Mr M Cunniffe
northbrookpa.org

Wednesday 4th January 2023

Dear Parent,

Childhood Illnesses Update

Happy New Year from everyone here at Northbrook Primary Academy. We wish everyone a safe, happy and healthy 2023.

We have enjoyed our first day back today, with the children having a smooth and successful start to the Spring term. It has been great to be back to our normal high attendance levels and we will work hard to ensure this remains the case. Attendance and punctuality continue to be the one of the key factors in how well a child achieves and it is essential that we avoid any unnecessary absences. However, there are a number of seasonal illnesses prevalent in the community and we wanted to share with you the most recent communication from the UK Health Security Agency about the steps that we can all take to reduce the spread of these illnesses. A summary of the key information is shown below:

Following simple steps can help protect children, minimise the spread of illness in education and childcare settings and protect wider communities.:

- **Routine handwashing.** Helping children to learn about the importance of good hand hygiene is also key, so practice regular handwashing at home with soap and warm water. Catching coughs and sneezes in tissues then binning them is another simple way to help stop illness from spreading.
- **High Temperature or Fever.** It's important to minimise the spread of infection in schools and other education and childcare settings as much as possible. If your child is unwell and has a fever, they should stay home from school or nursery until they feel better and the fever has resolved.
- **Positive Covid test.** If your child has symptoms that lead you to test for Covid and they test positive, they should stay at home for 3 days following the positive test and only return if they do not have a high temperature and they are well enough to participate.
- **Get a Flu Vaccination.** Remember that flu vaccination is still available for all eligible groups and is the best protection against the virus. We have seen good uptake in older age groups but vaccination among young children remains low. Flu can be very

unpleasant and, in some cases, can lead to more serious illness. Getting your child vaccinated protects them and others they come into contact with, and it's still not too late. Eligible children include:

1. Those aged 2 and 3 on 31 August 2022
2. All primary school-aged children
3. Some secondary school-aged children.

In school we will continue to take the following measures:

- encouraging children to wash their hands more often.
- ensuring children do not share eating utensils.
- reminding and demonstrating to children the 'Catch it, bin it, kill it' process.
- ensuring any breaks to the skin are covered with a waterproof plaster/dressing (this should be done at home before attending school)
- contacting parents promptly if children show the signs and symptoms of scarlet fever and encouraging parents to contact and make an appointment with their GP.

Please do not hesitate to contact us at school if you have any further questions or queries. As, always, we will keep you updated if we receive any further advice.

Kindest regards,

M Cunniffe

Mr M Cunniffe
Headteacher