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**Our Lady & St Bede**  
Catholic Academy

**Head Teacher:** Mo Wilkinson

**Deputy Head(s):** David Pinnock,  
Megan Shields & James Race

**BHCET CEO:** Stuart McGhee

**BHCET Chair of Directors:** Yvonne Coates

16<sup>th</sup> September 2025

Dear Parents and Carers,

We know that mornings can be tough—especially when your child wakes up with a sniffle or feeling a little under the weather. But we also know how powerful it can be when pupils push through those minor colds and show up ready to learn. Just like adults, children benefit from learning when to rest and when to rally. Attending school with a mild cold or sniffle helps build resilience, strengthens routines, and keeps them connected to their learning and friendships. Every day in school adds up—and even short absences can mean missed moments that matter. Of course, if your child is genuinely unwell or has symptoms that could affect others, we trust your judgement to keep them home. But for those sniffly mornings where it's more about comfort than illness, we encourage you to help them battle through. We'll be here with warm welcomes, tissues at the ready, and plenty of support.

Thank you for everything you do to help your child thrive. Together, we're building habits that last a lifetime.

Warm regards

Mr David Pinnock



**Noverim Te Noverim Me**