



Winterton Community Academy

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Ref:o/KRParLet/2019-20/Sickness/jsn

28th November 2019

Dear Parent / Carer

The peak of the cold and flu season is upon us. To prevent widespread sickness and flu in the school, we recommend that your child stay home from school if experiencing sickness, flu or cold symptoms. To decide whether or not to send your child to school, please consider the following advice from Public Health England:

Advice on managing increased levels of illness

The most important steps in controlling increased levels of winter illnesses are:

- Please ensure that pupils and staff who are affected do not come to school.
- Adults and children who are affected by flu-like illnesses should stay off school until they have recovered.
- Adults and children who are affected by diarrhoea and vomiting should stay off school until at least 48 hours after they last had diarrhoea or vomiting.

To protect against illness:

- Handwashing is an effective way to stop infections spreading.
- Please ensure that all pupils and staff frequently wash their hands with warm water and soap (hand gel is not as effective as soap), particularly after using the toilet, after using a tissue to catch a cough or sneeze, and before eating.

Thank you in advance for helping make this school as healthy as possible.

Yours sincerely

A handwritten signature in black ink, appearing to be 'K Rowlands', with a long horizontal line extending to the right.

K Rowlands
Headteacher