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Katherine King
Headteacher

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Dear Parents/Carers

Flu and Norovirus Awareness

As we head into the winter months, families with children across the county are being reminded of the small steps they can take to reduce the spread of stomach bugs, and other winter specific illnesses in our schools and nurseries. Over the past couple of weeks, there has been a rise in norovirus for children across Warwickshire, otherwise known as the vomiting bug. Flu is also steadily increasing week-on week too across the county.

Cllr Margaret Bell, Portfolio for Adult Social Care and Health at Warwickshire County Council said: "We all want our children to remain happy, healthy and independent in and out of school. By following good hygiene habits, as well as keeping up to date with the latest vaccination schedule for parents and children, we can help to minimise the impact to our schools. Please do reach out to your GP or preferred pharmacy if you need to check up on vaccinations."

We can all play our part in reducing the spread of these illnesses by taking note of the following tips:

1. Please carry on with good hygiene habits in the home, this includes handwashing for 20 seconds and using a tissue to catch coughs and sneezes.
2. It is fine to send your child to school with a minor cough or common cold. However, if they have a high temperature keep them off school until it goes.
3. Stomach bugs spread rapidly around schools and nurseries. If you or your child have diarrhoea and vomiting – please carry on with handwashing with soap and warm water for 20 seconds, along with the following:
 - Use bleach-based products to clean surfaces, this will help stop infections from spreading
 - Don't prepare food for others if you have symptoms or for 48 hours after the symptoms stop
 - Please avoid visiting people in hospitals or care homes
 - Please do not return to work, school or nursery **until 48 hours after the symptoms have stopped.**

4. All children aged 2 years (who have turned 2 years old before the 1 September 2024) and all 3-year-olds are eligible for the flu vaccine. If you have not received your invite, please contact your GP.

- **Routine vaccinations** – did you know that you can also speak to your GP about other childhood vaccinations that can help protect your child and the wider community. These vaccinations include measles, mumps, rubella, diphtheria and polio.

If you are unsure of your child's condition – you can use this handy NHS guide:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Please continue to keep us at nursery updated each day with information for our registers about why your child is absent. At our Nursery School, we are enhancing our cleaning and hygiene processes as a protective factor.

Kind regards



Katherine King
Headteacher