



03 January 2023

Dear Parents/Carers

A Happy New Year to all our families. As we welcome back all students tomorrow, we are aware of the need to manage cases of common winter infections and are keen to build our knowledge as a community to reduce the spread of infections.

The main defence is to practise good hand and respiratory hygiene to help reduce the risk of additional infection and we will be reminding everyone within our wider community. We will be keeping contact points clean and keeping buildings well ventilated. With this in mind, teachers will continue to make appropriate adjustments in classrooms regarding the wearing of coats.

The summary below details important information with links for those that would like further guidance. For most individuals, these illnesses will not be serious and they will soon recover.

<p>Respiratory Infections You can get more information here:</p> <p>Respiratory tract infections (RTIs) - NHS (www.nhs.uk)</p> <p>Flu - NHS.UK</p> <p>Respiratory syncytial virus (RSV): symptoms, transmission, prevention, treatment - GOV.UK</p>	<p>Respiratory infections are common, particularly during winter months, with symptoms caused by a number of respiratory infections including the common cold, COVID-19, flu and respiratory syncytial virus (RSV). Symptoms can include a runny nose, high temperature, congestion, cough and sore throat. It is not possible to tell which germ someone is infected with based on symptoms alone.</p> <p>Respiratory infections spread between people through sneezing, coughing and singing.</p> <p>Children or adults with a high temperature and who are unwell should stay off until they no longer have a temperature and are well enough to attend the setting. Children with mild symptoms, such as a runny nose, sore throat or mild cough who are otherwise well can continue to attend the setting as usual.</p> <p>For COVID-19:</p> <ul style="list-style-type: none"> • Children and young people who have a positive test for Covid-19 should stay away from the setting for 3 days after they took their test. If they have symptoms, or subsequently develop symptoms, they should also follow the advice for people with symptoms above. • Staff who have a positive test for Covid-19 should stay away from the setting for 5 days after they took their test. If they have symptoms, or subsequently develop symptoms, they should also follow the advice for people with symptoms above.
<p>Norovirus You can get more information here:</p>	<p>Also known as the ‘winter vomiting bug’, it causes symptoms such as nausea, diarrhoea, and vomiting. Symptoms can start very suddenly and the illness can last from 12hrs to 3 days.</p> <p>The virus can spread from person to person through hand to mouth contact and can be picked up from contaminated surfaces such as</p>

[Norovirus \(vomiting bug\) - NHS \(www.nhs.uk\)](#)

equipment, hands etc.. It can also spread through the air by sneezing and coughing, though this is less common.

Children and adults with diarrhoea and/or vomiting should be excluded until 48 hours after diarrhoea and/or vomiting symptoms have stopped, and they are well enough to return.

The extract below provides clarity with regards to keeping your child off school. Please contact attendance@skdrive.org to notify us of any absence.

Yours sincerely,



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Should I keep my child(ren) off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek