



# The Orchard School

## Weekly Bulletin

Week commencing: Monday 29<sup>th</sup> January 2024

### Dates for your diary

Friday 2 <sup>nd</sup> February	Training Day – School closed to pupils
Monday 12 <sup>th</sup> – Friday 16 <sup>th</sup> February	Half Term
Tuesday 5 <sup>th</sup> March	Parent/carer Support Group – Makaton Workshop
Friday 8 <sup>th</sup> March	Mothering Sunday Activity Morning

### Parent Governors

At the start of term, you will have received a letter inviting nominations for parent governors. If you are interested in joining our team of dedicated governors who have oversight of the schools' educational and financial performance to ensure continuous school improvement and the best possible outcomes for our pupils, I ask that you complete the nomination form and return it to school. You are able to nominate yourself.

If you are unsure about the role of a parent governor and would like more information, please contact the office and I would be happy to discuss this with you.

I have reattached the letter and nomination form to this email in case you did not receive the hard copy. Can I ask that any nominations are sent into school by **Wednesday 7<sup>th</sup> February**.

**Make A Difference**



### Training Day



A reminder that is closed to all pupils on Friday due to a training day.



## Winter infections in children – guidance for parents/guardians

This leaflet gives advice on illnesses that are currently affecting nursery and primary school children across the West Midlands

### What are the symptoms?

There are two groups of symptoms:

- Diarrhoea and vomiting – usually lasting 1-2 days
- Fever, tiredness and nausea (feeling sick), sore throat – sometimes with a cough, lasting 3-4 days

### What should I do if my child is unwell?

- Keep your child at home until they are well – if your child has diarrhoea and/or vomiting, they should not attend nursery/school until they have been symptom free for 48 hours
- Ensure they drink plenty of fluids – taking sips rather than gulps, to avoid vomiting
- If they have a fever – give child paracetamol and/or ibuprofen, according to manufacturer's instructions
- Your child can return to school once they no longer have a temperature (without medication) and are well enough to do so
- If your child is unusually sleepy, is unable to take fluids or has other symptoms, such as an unusual rash, headache or neck stiffness – **seek medical advice immediately**

### Infection control advice

Handwashing is one of the most important ways to prevent the spread of both of these infections. This applies to the child who is ill and the person caring for them. Hands should be washed using soap and rinsed under running water:

- Before and after caring for the child
- After using the toilet
- Before eating, preparing or handling food
- After cleaning up spills (vomit, diarrhoea or urine)
- Also – keep a separate towel for each family member who has symptoms, and change them regularly
- Dry hands thoroughly

### Other control measures:

- Dispose of used tissues immediately
- Wash soiled clothing, bed linen and towels, using the hottest wash setting for the fabric
- Ensure toilet areas, baths and washbasins are kept clean, using hot soapy water
- After initial cleaning, areas may also be infected using a 1 in 10 bleach solution (*remember bleach can burn skin and remove colour from fabrics*)

For further information, visit [NHS.uk](https://www.nhs.uk) and search for 'respiratory infections' and 'diarrhoea and vomiting'



UK Health  
Security  
Agency

**NHS**

# Should I keep my child 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



SCAN ME

### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfoc>.