

Stanhope Barrington C of E
Primary School



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Dear Parent/Carer

6th December 2022

Re: Winter Illnesses

As you are no doubt aware, we have high levels of sickness absence in both our children and staff at the current time. I am writing to reassure parents and carers that we do not seem to have a particular 'outbreak' of any one of the Winter Illnesses outlined by the Health Protection Team.

We have had over 30 children absent today but with wide ranging reasons, symptoms and diagnosis. All Learning Zones are being particularly vigilant in terms of hand washing and sanitising and our cleaning team are carrying out additional cleans in all communal areas.

I have taken advice from the Durham Health Protection Team and have been assured that we are doing everything necessary in school and the only advice was to share the following information with yourselves:

There are lots of viruses that cause sore throats, colds and coughs circulating. These should resolve without medical intervention. However, children can on occasion develop a bacterial infection on top of a virus and that can make them more unwell.

As a parent or carer, if you feel that your child seems seriously unwell, you should trust your own judgement.

Contact NHS 111 if or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other [signs of dehydration](#)
- your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

Call 999 or go to A&E if:

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- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, [tongue or lips are blue](#)
- your child is floppy and will not wake up or stay awake

Good hand and respiratory hygiene are important for stopping the spread of many bugs. By teaching your child how to wash their hands properly with soap for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell, they will be able to reduce the risk of picking up, or spreading, infections.

In addition, I have put the information leaflet from the Health Protection Team on our website for your additional information. None of us want the children to miss out on any of the Christmas events over the next two weeks but please use your common sense and judgement and don't send an ill child into school where viruses and illness can spread like wildfire.

Thank you for your co-operation.

Yours sincerely

Mrs D Cross

Mrs D Cross
Head Teacher

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