



06 December 2022

Dear Parents / Carers,

### Winter Readiness

You will no doubt have heard the recent news about the cases of Strep Throat which sadly have led to some fatalities in primary-aged children. We have had a few reports of significant levels of sickness in the last few weeks. During the Winter season, it is not unusual for us to see an increase in the levels of respiratory illnesses so I wanted to send out communication to our parents to prepare for this time of year and to keep ourselves healthy and well as far as possible.

Student and staff in schools are particularly susceptible to infections which increase over the winter months, such as acute respiratory infection (ARI) in particular, seasonal influenza (flu), COVID-19 and stomach infections (such as norovirus). These can be very infectious and cause outbreaks in school settings due to the close contact amongst students and staff. The spread of these illnesses can be limited by improving infection control practices within the school.

In particular, please do not send your children to school if they clearly have symptoms of flu-like illness/ARI (including COVID-19) or diarrhoea and/or vomiting or any other infectious disease as well as symptoms related to Strep Throat infection. These include but are not limited to:

- a high temperature
- sore throat
- white patches in the roof of the mouth
- a sandpaper like rash.
- Students should not attend school until they have been on antibiotics for 48 hours.
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If we can all adhere to this, then we minimise the risk of any outbreak and potential serious infections being passed throughout the school community. Please also ensure that your children are up to date with their UK scheduled vaccines for their age including against measles, mumps and rubella infection (MMR)

An outbreak of diarrhoea and vomiting should be reported to us as soon as they are recognised. You can report any suspected and confirmed outbreaks of "acute respiratory infections - including COVID-19 and Influenza. If you do report by telephone or via [contactus@rooksheath.harrow.sch.uk](mailto:contactus@rooksheath.harrow.sch.uk) it will be helpful if you could provide us with the following information:





- the nature of symptoms (D&V, ARI, confirmed COVID 19)
- the main symptoms and duration of illness (if known).
- the dates of your child's influenza vaccination (if known)

We will keep the local authority informed where we see an increase in any cases. Thank you for your cooperation.

Yours sincerely

Mrs M Manderson  
**Headteacher**

