

Dear Parent/Carer,
Re: Seasonal Illnesses

As we approach the winter months, we are likely to see an increase of illnesses amongst the children. It has been reported in the media that flu-like illnesses are more prevalent than they were a year ago, perhaps because there is less social distancing and general immune systems of adults and children alike are lower than years prior to Covid due to less exposure to the common illnesses that appear each year.

We have procedures in place should there be an outbreak of any illnesses at Mulberry Wood Wharf, and I have also just completed training on managing outbreaks of illnesses in Early Years settings. I regularly monitor the attendance of the pupils to look for any patterns of illnesses.

Whilst we don't have an outbreak of any specific illness at Mulberry Wood Wharf, we have noticed that many children have been off school because of a high temperature, which is an obvious sign they are unwell, and their bodies are fighting a viral or bacterial infection.

I have included a sheet called 'Should I keep my child off school?' Please read this and take note of the guidance so that you minimise the risk of spreading your child's illness to others.

We also recommend you contact your GP or 111 for advice if you think your child requires treatment.

In terms of Covid, the guidance from Tower Hamlets public health is that children should isolate from the day of testing positive for 3 days, they can leave isolation on day 3 after a negative test result. Children / staff presenting with a **high temperature** should be excluded until the temperature resolves or when they are well enough. Pupils / staff with mild symptoms such as a runny nose, sore throat, or mild cough, who are otherwise well, **can** continue to attend their education or childcare setting.

To minimise the spread of illnesses at Mulberry Wood Wharf we:

- Support children to 'catch it, bin it, kill it' when they sneeze and then wash their hands with warm soapy water afterwards
- Support children to cough into their inner elbow
- Wash their hands after using the bathroom
- Wash their hands before eating snacks or lunch
- Contact parents of children we think are unwell enough to be at school or who have a high temperature

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It is worth noting that **the only way you get sick is when your body comes into contact with a harmful virus, bacteria, or fungus.** Cold air may irritate a condition you already have, like asthma, which could make your body more receptive to a cold virus.

On a personal note, in the last month my daughter, Aspen, has contracted: Gastroenteritis; Chickenpox; Hand, foot and mouth. Last week she was in hospital with Pneumonia – all picked up from Nursery I expect. I understand the worry illnesses can cause parents and I appreciate the impact it has on our day-to-day lives in terms of childcare. Please ensure that you follow the guidance so that we minimise the risk of spreading infections in what is a very infectious time.

Kind regards,

Sarah Jane
Executive Headteacher