

January 2025

Dear Parent/Carer

Health & hygiene notice

We are currently experiencing increased reporting of diarrhoea and/or vomiting, consistent with viral gastroenteritis. This is often caused by Norovirus, a frequent cause of vomiting and diarrhoea in the community.

The most common symptom of Norovirus is vomiting. Diarrhoea tends to be short-lived and less severe than with other causes of gastroenteritis. Other symptoms can include nausea, abdominal cramps, headache, muscle aches, chills, and fever. The illness is usually self-limiting and resolves without antibiotics, which are not effective for viral illnesses. Symptoms typically last between one and three days.

We have received advice from the UK Health Security Agency (UKHSA). **Anybody reporting diarrhoea and vomiting should stay away from the setting until 48 hours after the vomiting and/or diarrhoea have stopped.** This is an important control measure which aims to limit the spread of this infection to others.

To further reduce transmission within our school, we have implemented the following control measures:

- **Enhanced Cleaning:** Increased frequency of cleaning, particularly in high-touch areas such as door handles, toilets, and communal spaces.
- **Hand Hygiene Promotion:** Encouraging regular handwashing with soap and water, especially after using the toilet and before eating.
- **Isolation of Symptomatic Individuals:** Prompt identification and isolation of symptomatic individuals until they can return home.
- **Communication and Awareness:** Providing guidance to staff, students, and parents on symptoms and prevention methods.

We kindly request your cooperation in reinforcing these measures at home by encouraging regular handwashing and ensuring your child remains off school for the recommended 48-hour period after symptoms have resolved.

More information about Norovirus is available here:

<https://ukhsa.blog.gov.uk/2022/11/17/norovirus-what-to-do-if-you-catch-it-and-helping-to-stop-the-spread/>

Thank you for your continued support in keeping our school community safe.

Yours sincerely,

Richard Hicks
Headteacher