

The Marches School
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Reference: AP/al

Dear Parent/Carer

Simple Measures

We are fast approaching the time of year when students are prone to catching diarrhoea, vomiting illness or coughs and colds which are present in the community at this time of the year.

I am writing to outline simple measures that we will be encouraging all our students to take in school to reduce the spread of any infection over the next couple of months in order for them to stay healthy.

- Hand washing is one of the most important ways to prevent the spread of infections. This applies to anyone who is unwell, but also to the person looking after them. Hands should always be washed using liquid soap and then dried thoroughly; particularly after using the toilet or before eating or handling food. We will be encouraging all our students to wash their hands at these times, but also after purchasing food at the till using the key pad.
- Students with coughs and colds should come to school with plenty of tissues. The NHS advises that those with coughs and colds 'Catch it' and 'Bin it'. Each classroom will have a limited supply of tissues and we will be encouraging all students with coughs and colds to use these if they have not come to school prepared.
- In an 'emergency', NHS advice is to cough or sneeze into the sleeve rather than into the hands. This avoids the hands spreading any illness through contact with desks, equipment or through touching other students.

The School Nursing Service has advised us that hand gel is not effective for the control of diarrhoea and vomiting illness but can help with the control of coughs and colds.

Yours sincerely,



A PEARSON
Associate Headteacher