



Building each other up –  
with God as our firm foundation

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## St. Paul's Church of England (A) Primary School

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WV9 5NR

19<sup>th</sup> January 2024

Dear Parents,

We have a number of children across school who are absent with a sickness bug at the moment.

Please follow the link below to access information and guidance on the symptoms and treatment of sickness and diarrhoea and how to reduce the spread.

[Diarrhoea and vomiting - NHS \(www.nhs.uk\)](http://www.nhs.uk)

To help us minimise spread of infection, we will continue to encourage the children to wash / sanitise their hands regularly. This can be supported outside of school by...

Washing hands with soap and water frequently

Washing any clothing or bedding that has poo or vomit on separately on a hot wash

Cleaning toilet seats, flush handles, taps, surfaces and door handles every day

Avoiding food preparation for other people if you have recently been sick or had diarrhoea

Not sharing towel, flannels, cutlery or utensils

Not swimming for a least 48 hours after symptoms stop

As a school, we are, of course, promoting good attendance. Often, we are able to continue with normal day to day activities when suffering from a mild illness. However, there are times when children (and staff!) are too ill and it is necessary for them to remain at home. This is important for their own health and wellbeing as well as protecting others from contagious illnesses.

The NHS have produced a helpful poster Should I keep my child off school? which can be found at the bottom of this letter. This poster provides guidance on a number of common illnesses, whether or not it is necessary for your child to stay off school and if so, how long for.

Following an episode of sickness or diarrhoea, it is necessary for children to remain off school for **48 hours** from the time of their last symptoms.

For example,

If a child was sick once on Sunday afternoon at 4.00pm, they wouldn't be able to come to school for 48 hours which would be Tuesday at 4pm. They would therefore be able to return to school on Wednesday morning.

If a child started being sick at 12.30pm on a Tuesday and continued being sick until 8am on Wednesday morning, the 48 hours would have to be after the Wednesday morning so the child could return to school on Friday morning.

Best wishes,

Mrs J. Ferretti  
Headteacher

The leaflet features the NHS logo and the UK Health Security Agency logo. The title is 'Should I keep my child off school?' in large green letters. A photograph of a young girl in a green dress is on the right. The 'Yes' section contains a table with columns 'Until...' and 'Until...'. The 'No' section lists conditions like Hand, foot and mouth, Head lice, and Threadworms. A QR code and 'SCAN ME' button are present, along with a URL for advice and guidance.

	Until...
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

**No**  
but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek

**Advice and guidance**  
To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

