



CITY OF PETERBOROUGH ACADEMY

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This letter is available in a different language upon request

3 December 2025

Dear Parents/Carers

Re: The Importance of Attending School During Winter Months

Regular school attendance is vital for your child's learning, wellbeing, and social development. While winter often brings an increase in seasonal illnesses, most mild symptoms do not require children to stay at home. Missing school can impact progress and confidence, so we encourage families to follow NHS guidance when deciding if a child is too ill for school.

When Should My Child Stay Home?

According to NHS advice:

- **Coughs and colds:** Children can attend school with mild symptoms such as a runny nose or sore throat, provided they do not have a high temperature and feel well enough.
- **High temperature:** Keep your child at home until the fever has gone.
- **Chickenpox:** Stay home until all spots have crusted over (usually 5 days after they appear).
- **Vomiting or diarrhoea:** Keep your child off school for 48 hours after the last episode.
- **Other infections:** Conditions like conjunctivitis, cold sores, and head lice do not usually require absence, but good hygiene is essential.

For full NHS guidance, visit www.nhs.uk/live-well/is-my-child-too-ill-for-school.

To help reduce the spread of winter illnesses, we are reinforcing hygiene measures in school:

- **Hand hygiene:** Washing hands with soap and warm water for 20 seconds or using hand sanitiser regularly, especially after coughing, sneezing, or using tissues.
- **Respiratory hygiene:** Covering mouth and nose with a tissue when coughing or sneezing, disposing of tissues immediately, and washing hands afterwards.
- **Cleaning:** Enhanced cleaning of high-touch surfaces and shared spaces.

We will also be providing **extra hand sanitiser in all classrooms** to support good hand hygiene. Staff will remind pupils to use it regularly, especially before eating and after social times.

Flu vaccinations are offered through the School Age Immunisation Service. If your child has missed their flu vaccination, please contact your **GP for additional guidance on how to arrange this**. Vaccination helps protect your child and others from serious illness.

The school is here to support your child's health needs. If your child requires medication or uses an inhaler, these can be kept safely onsite. Our school nurse will be available to administer medication as needed, ensuring your child remains comfortable and able to learn.

We understand that some children may need extra support during the day. **Heads of Year will be available to support your child and put in reasonable adjustments where appropriate**, so they feel cared for, and well enough to engage in learning.

Part of Greenwood Academies Trust

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A list of Directors is available for inspection at the registered office, Greenwood House, Private Road No 2, Colwick Quays Business Park, Nottingham NG4 2JY.
Further information about us is available at <http://www.greenwoodacademies.org>

Public

Your support is essential. Please encourage your child to follow hygiene practices and attend school whenever they are well enough. If you are unsure whether your child should attend, refer to NHS guidance or contact the school office or head of year.

Thank you for helping us keep our school community healthy and learning this winter.

Kind regards

A handwritten signature in black ink, appearing to read 'Mrs N Treacy', with a stylized flourish at the end.

Mrs N Treacy
Principal