



**Waverton Community Primary School**

Common Lane, Waverton

Chester CH3 7QT

Telephone (01244) 268985

[www.waverton.cheshire.sch.uk](http://www.waverton.cheshire.sch.uk)

Email: [head@waverton.cheshire.sch.uk](mailto:head@waverton.cheshire.sch.uk)

**Head Teacher: Mr Simon Talbot, BEd (Hons), NPQH**



***Learning together. Achieving together.***

1<sup>st</sup> December 2023

Dear Parents/Guardians,

We have received the information below from the Cheshire West & Chester Council Public Health Lead and have been asked to pass this onto our parents/guardians. Although as a school we have the usual “bugs” going around at this time of the year, we are not experiencing higher than normal numbers of children absent.

*“As we go into winter, common illnesses can keep children and teenagers away from their classmates and studies. One of the best things we can all do to avoid illness is to practice good hand hygiene. Good hand hygiene helps stop infections from spreading, which means less disrupted learning time. Teach your child to wash hands properly for 20 seconds and stay away from others when sick. The [e-bug resources](#) for all ages can help you to explain and discuss hygiene habits – and why they are important - to your child or teenager.*

*To avoid catching bugs or passing it on to others wash your hands frequently and thoroughly with soap and warm water. This is most important following an episode of diarrhoea or vomiting, after using the toilet, before eating or preparing food, after changing nappies, as well as cleaning up vomit or diarrhoea. Alcohol-based hand sanitisers are not effective against some infections.*

*It is very important that children or adults with symptoms of diarrhoea should stay off from work and childcare settings for 48 hours after the symptoms have stopped. They should also not visit vulnerable family or friends, especially people in hospitals or care homes. This is important to minimise any possible spread on infection to others.”*

*If you are concerned about your symptoms, talk to your GP by phone, contact NHS 111 or visit the [NHS web pages](#). For useful handwashing tips please have a look at the [following NHS video](#)*

- Hand washing information from the NHS [How to wash your hands - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- UKHSA blog published at the start of the school year on keeping children healthy [A parent's guide to keeping kids healthy this school year - UK Health Security Agency \(blog.gov.uk\)](#)

Yours sincerely,

*S J Talbot*

S J Talbot  
Head Teacher