

Nicola Davies – Executive Headteacher
Emma Severn – Head of School

t: (01623) 455920
e: office@suttonroad.org
w: www.suttonroad.org



**Sutton Road Primary
School and Nursery**

Mansfield
Nottinghamshire
NG18 5SF

Keeping our Sutton Road family healthy this Autumn and Winter

As we move into the colder months, we want to help our children, families and staff stay healthy and well.

Seasonal illnesses such as colds and flu can spread more easily when we spend more time indoors. There are some simple steps we can all take to help reduce the spread of infection and keep children in school, learning and enjoying time with their friends.

Here are a few ways you can help:

- **Encourage good hand hygiene.** Remind children to wash their hands regularly with soap and water.
- **Cover coughs and sneezes.** Encourage children to use tissues and dispose of them promptly, then wash their hands.
- **Check when your child should stay at home.** If your child has a high temperature or is too unwell to take part in normal activities, please keep them at home until they feel better. Children with vomiting or diarrhoea should remain at home for at least 24 hours and in more severe cases, 48 hours after the last episode. Please contact the office if you need to discuss this.
- **Check vaccinations.** Please look out for information about the seasonal flu vaccination and check that your child is up to date with their routine vaccinations. If you have questions about eligibility or missed vaccinations, contact your GP or NHS vaccination provider.
- **Let us know about infectious illnesses.** Please inform the school if your child has been diagnosed with an infectious illness so that we can follow the appropriate guidance.

At Sutton Road, we will continue to reinforce good hygiene habits, maintain ventilation where appropriate and follow public health guidance.

Thank you for helping us keep our school community healthy and supporting good attendance throughout the autumn and winter.

For further advice, please visit the [UK Health Security Agency's guide to keeping children healthy](#).

