



Birches First School

Believe, Grow, Succeed ...

...to be the best 'me' I can be.



7th May 2026

Dear Parents

I am writing to make you aware that there are children within our school community who have **very low immunity** due to medical conditions. For these children, common illnesses that may appear mild can be extremely serious.

To help protect everyone at school, particularly our most vulnerable pupils, we kindly ask for your continued support and vigilance.

We ask all parents and carers to please:

- **Encourage frequent handwashing** at home and talk to your child about good hygiene practices, including washing hands with soap and water and using tissues when coughing or sneezing.
- **Inform the school immediately** if your child has had *any contact* with:
 - Measles
 - Chicken pox
 - Shingles

Even if your child does not appear unwell, it is essential that we are made aware as soon as possible so we can take appropriate advice.

- **Notify the school promptly** if your child experiences **sickness or diarrhoea**, even if:
 - The illness occurs over the weekend (for example on a Friday night), and
 - Your child appears well enough to return to school on Monday (48hr Rule)

This information is vital to allow us to manage potential risks and keep all children safe. Please remember that current guidance requires children to remain at home for at least **48 hours after the last episode of sickness or diarrhoea**.

We understand that these measures may sometimes be inconvenient, but they are crucial in helping us safeguard the health and wellbeing of all children in our care.

Thank you for your understanding, cooperation and continued support.

Yours sincerely,

S Varricchione

Headteacher