



Ottery Primary School Newsletter



25th March 2019

When should your child be off school?

There are some useful infographics to help you decide when your child should be kept off school (and when they should return to school) if they are affected by an infectious medical condition. A useful guide poster, produced by the NHS, is included at the end of this newsletter. Further information can be found by following this link:

www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/chapter-9-managing-specific-infectious-diseases

Classteacher vacancy:

We will be very sorry to see Miss Witcombe leave us in July as she prepares for an exciting new adventure teaching in Hong Kong. We are holding interviews to find a replacement teacher next week. We will look at the staffing structure for September nearer the time.

School meals:

As well as losing Miss Witcombe, we will be saying goodbye to Kimberley Astley-Jones in the kitchen at the end of April. Kimberley has provided the school meals service over many years and has always ensured a wide and varied menu that meets the dietary needs of the children. We wish her well in her new venture and thank her, not only for all her hard work over the years, but also for all the times she went above and beyond for the children.

PE kits:

Please can we ask that children come into school with the correct PE kit each week. We are seeing a number of children who regularly do not have their PE kit with them and, although we have a stock of spare kit, there are occasions when we cannot keep up with demand. We are noticing a particular problem with trainers for outdoor PE. School shoes are not suitable for this.



What it's called	What it's like	Going to school	Getting treatment	More advice
Chicken Pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters	Yellow dot	Pharmacy	Back to school 5 days after on-set of the rash
Common Cold	Runny nose, sneezing, sore throat	Green dot	Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)	Green dot	Pharmacy	Try not to touch eye to avoid spreading
Flu	Fever, cough, sneezing, runny nose, headache body aches and pain, exhaustion, sore throat	Yellow dot	Pharmacy	Ensure good hand hygiene
German measles	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards.	Red dot	G.P.	Back to school 6 days from on-set of rash
Glandular fever	high temperature, sore throat; usually more painful than any before and swollen glands	Green dot	G.P.	Child needs to be physically able to concentrate
Hand, foot & mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)	Green dot	G.P.	Only need to stay off if feeling too ill for school
Head lice	Itchy scalp (may be worse at night)	Green dot	Pharmacy	
Impetigo	Clusters of red bumps or blisters surrounded by area of redness	Red dot	G.P.	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or bluish white centres in the mouth, red, blotchy rash	Red dot	G.P.	Back to school 4 days from on-set of rash
Ringworm	Red ring shaped rash, may be itchy rash may be dry and scaly or wet and crusty	Green dot	G.P.	
Scabies	Intense itching, pimple – like rash Itching and rash may be all over the body but commonly between the fingers, wrists, elbows, arm	Green dot	G.P.	Back to school after first treatment
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash	Yellow dot	G.P.	Only stay off school if rash is weeping and cannot be covered
Sickness bug/ diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea	Yellow dot	Pharmacy	See GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus	Green dot	Pharmacy	Ensure good hand hygiene
Tonsillitis	Intense Sore throat	Green dot	Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow
Whooping cough	Violent coughing, over and over, until child inhales with "whooping" sound to get air into lungs	Red dot	G.P.	Back to school after 5 days of antibiotics or 21 days from onset of illness

See www.patient.co.uk for further information on each of these conditions

This leaflet has been produced in partnership between



This information is a guide and has been checked by health professionals however, if you are unsure about your child's wellbeing we recommend you contact your pharmacy or GP to check.

Dates for the diary:

Last day of Spring Term	Friday 5 th April
First day of Summer Term	Tuesday 23 rd April
Festival of Music	Friday 26 th April (pm)
Warren Barn week (Year 5)	w/c 29 th April
Celebration of Dance	Friday 24 th May
Half-term	w/c 27 th May
Inset days – school closed to children	3 rd and 4 th June
PGL (Year 6)	14 th -17 th June
Summer Fête	Saturday 20 th July
Last day of Summer Term	Thursday 25 th July