



Birmingham Federation
Maintained Nursery Schools

Allens Croft Nursery School
Jakeman Nursery School
Shenley Fields Nursery School

Lillian De Lissa Nursery School
Newtown Nursery School
St Thomas Nursery School

Adderley Nursery School
Gracelands Nursery School
Highfield Nursery School

Executive Head Teachers : David Aldworth, Mandy Cryan and Sharon Lewis
www.bfmns.sch.life

WINTER RESILIENCE

Dear Parent/ Carer,

Thank you, for all that you have done so far this term to prevent the transmission of COVID-19 in school.

You will be aware that rates of COVID-19 are high across the City and many schools have seen outbreaks. However, COVID-19 is not the only challenge that schools face this winter. Outbreaks of other infectious diseases, such as Norovirus, have already been reported and have the potential to impact on our school.

There are key steps that can be taken this winter to protect you and your family against common winter infections and ultimately help to keep our school open and your child in education.

Handwashing

One of the most effective steps against all infectious diseases is handwashing. Although hand sanitiser has its place and is largely effective against COVID-19, it is less effective against other illnesses such as Norovirus. Therefore, we would like to stress to you the benefit of implementing good handwashing practices at home.

- Encourage your children to wash their hands before and after school and regularly throughout the day when in your care..
- It is important to wash hands for at least 20 seconds, using soap and water, then dry thoroughly. Slowly singing the 'happy birthday' song twice gives a rough guide for children to judge how long is needed.

Norovirus

Norovirus, also known as the "winter vomiting bug" is a virus that often circulates in winter and causes diarrhoea and vomiting. To reduce the impact of Norovirus on our school please:

- Ensure that after having diarrhoea and/ or vomiting your child does not return to school until a minimum of 48 hours of being symptom free.
- Promote handwashing in your household, with soap and water and good hand drying. Wet, washed hands spread germs.
- Remember that hand gels don't work against Norovirus infection.

Influenza

Influenza (Flu) is likely to be circulating amongst other respiratory infections this winter. Things to consider, to limit the spread are:

- All children aged 2-16 are eligible for the nasal spray flu vaccine.
- Children who test negative for COVID-19 should not come back to school until they are at least 24 hours clear of a fever and are feeling well enough to return to school.
- Share clear respiratory hygiene measures with children "Catch it, Bin it, Kill it."

Thank you for your ongoing support