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Monday, January 5, 2015

Health and Hygiene at School

At this time of year, it is not uncommon that children can come down with various cold and flu like symptoms. With central heating systems at school and home turned up to keep children warm, germs can spread quickly. With this in mind, we pass on some key tips that can prevent your child becoming ill and missing time at school.

Washing of hands regularly

At school, children are asked to wash their hands regularly, not just before meals or after toileting. Simply washing hands with warm soapy water will reduce the risk of passing infection.

Worms

Unpleasant as it may be, there are occasions when children become infected with worms. It is worthwhile looking out for the tell tale signs, such as a scratchy bottom or an uncomfortable feeling. If you suspect that your child has worms, it is best to seek treatment quickly. There is no need to visit doctor, a simple visit to the chemist for medicine can solve the problem quickly and effectively. Repeatedly reminding your child to wash their hands is the best preventative treatment.

Coughs and sneezes

Please ensure that your child is encouraged to cover their mouth when coughing and to use a tissue when they sneeze. This is a simple and straight forward step that we promote in school. If you can ensure that this is followed up at home, children are more likely to fall into good habits.

Nits / hair lice

Yours sincerely

Peter Seargent Headteacher