

Tips for keeping healthy:

1. Teach children good hand washing habits and make sure they are washing their hands often. Make hand sanitizer available and use it when you are on the go.
 - Wet your hands with clean water.
 - Lather palms, fingers, nails and backs of your hands with soap.
 - Scrub for at least 20 seconds.
 - Rinse your hands with clean water.
 - Dry your hands thoroughly with a clean paper towel
2. Use proper technique when sneezing or coughing. Cover your nose and mouth with a tissue or your elbow when you sneeze.
3. Teach your children to give personal space to other children who are sick. This doesn't mean to ignore them, but to avoid body contact and minimize handling items the sick child has been using, such as toys, books or markers.
4. Get plenty of exercise. Exercise boosts the immune system and helps our bodies to fight germs more effectively.
5. Eat healthy foods. Whole foods such as fruits and vegetables provide us with the nutrients we need to build up immune system and make our bodies work more effectively.
6. Get plenty of sleep. When we are sleeping, we are healing. While asleep, our bodies has more resources available to fight germs, bacteria and infection.

NHS advice on school attendance



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



Attendance Winter Weather 2023 Tips



The cold weather is fast approaching, brrrrr. We would like to support you with a few tips on the best ways of ensuring that your children are still able to access the schooling that they are entitled to, even when the weather is cold, snowy or raining.

It is an expectation of the LA and Government that all children will attend school every day that it is open, whatever the weather.

On days when it snows, there is a full health and safety risk assessment carried out on the school site to ensure that it is safe for children to attend school. If school is open then you can rest assured that the site is safe for your children to attend. If there is any danger then school will remain closed and you will be informed via text message. It will also be on the school website www.birchfld.bham.sch.uk



As a school, we expect all our children to have attendance above 96%. There is a noticeable increase in absence when the weather is cold or wet. This is not a good enough reason to keep your child at home.

Children do not get ill from cold weather. In fact it can be very refreshing to get out of the house and into the cool, fresh air.



Wrap your children up warm in a coat, hat, scarf and gloves. A good pair of boots or wellingtons is a great way to keep them warm and dry on the walk to school.



We have had far too many late children so far this year. We need to reduce this to ensure that their education does not suffer.

School Starts at **8:55am**; the school doors open at **8:45am**. If your child arrives after the bell, they are late and must go to the Office where they will be signed in late. This is so we can mark them as being present in the building and ensure that they are accounted for in the event of an emergency.

Children should attend school **every day** unless they really are too ill to. If they are ill, please take them to the doctor's and bring in proof if you can. Try and arrange any appointments outside of school hours.

If children are unwell in school then we will call parents and ask them to bring medication in the first instance. If they do not improve, we then may send children home. Please ensure we have your up to date phone numbers to ensure that we can reach you if needed.

Please note: we are now able to administer Calpol, paracetamol or Ibuprofen that is not prescribed by a doctor as long as you fill in consent forms at the office.

Ensure your child eats and drinks plenty of vitamin C as this will boost their immune system and help them to keep healthy through the long winter months.

To keep up to date with all school related news, please ensure we have your up to date mobile numbers and email address at the main school office.

