



North Ridge Community School

An academy within Nexus MAT

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Headteacher: Mr Sam MacDonald



Friday 22nd September 2023

Dear Parents and Carers,

RE: Seasonal illness

As we head into the winter months it is to be expected that our pupils and staff will contract seasonal illnesses – colds / flu / covid. If children have mild symptoms of runny noses, sore throat or mild cough, and they feel well enough, can attend school. Please use the following link to support your decision on illness. [Is my child too ill for school? - NHS \(www.nhs.uk\)](#)

In terms of Covid, there is no statutory school guidance - the NHS advice is for children up to the age of 18, if you have a high temperature try and stay at home and avoid contact with other people for 3 days. For adults (18 and above) the advice is to try and stay at home and avoid contact with people for 5 days. If you are concerned about your child, please see request an urgent GP appointment or get help from NHS 111. [COVID-19 symptoms and what to do - NHS \(www.nhs.uk\)](#)

We hope you will support the school in reducing the risk of spreading any illness by following the above guidelines.

As you will all know seasonal illnesses can strike at any point. Should the school experience high levels of staff absence due to illness during the winter months, then we will have to consider short-term closures of classes in order to ensure the safety of both pupils and staff. Our preference is always to inform you of decisions in a timely manner, although it is possible that decisions may have to be made on the day.

Kind Regards

Sam MacDonald

Headteacher

