



Nutgrove Methodist
Primary School

My Best, Always, Everywhere



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Head Of School: Mrs Taylor

Chairs of Governors: Mrs S Picton

Monday 8th December

Dear Parents and Carers,

As the colder months approach, we often see an increase in common illnesses such as colds, coughs and flu. To help keep our children healthy and reduce the spread of germs, we'd like to share a few simple but effective ways to prevent illness this winter and make sure they don't miss out on valuable learning and friendships. Here are some simple ways we can all help:

1. Wash those hands!

Encourage your child to wash their hands regularly with warm water and soap -especially before eating and after using the toilet. This is one of the best ways to stop germs spreading.

2. Catch those coughs and sneezes:

Please remind your child to cover their mouth and nose with a tissue or their elbow when they cough or sneeze, and to throw tissues away straight after.

3. Keep warm and eat well:

Make sure your child is dressed appropriately for the weather and enjoys a balanced diet with plenty of fruit and vegetables to help support their immune system.

4. Coming to school matters:

It's normal for children to feel a little tired or under the weather during the winter months. Whenever possible, we encourage children to attend school, even if they have mild symptoms such as a slight cough or cold. Attending regularly helps them maintain routines, continue learning and stay connected with friends. However, if your child severely unwell, such as having a high temperature, vomiting, or too poorly to take part, please keep them at home and seek advice from your GP or local walk-in service so effective treatment can be administered.

5. Let us know if they're absent:

If your child can't come to school, please call us as soon as possible, ideally on the first day. If you have appointment cards or medical notes, please share them so we can keep accurate records.

6. Flu vaccinations:

The NHS recommends flu vaccinations for eligible children. If your child is eligible, please contact your GP to arrange this. We have catch up vaccinations in school on Thursday also.

7. We're here to help:

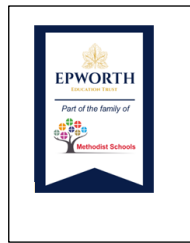
We understand that regular attendance can sometimes be tricky. Our team is here to support you and your child with:





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- Friendly advice and wellbeing support
- Help with routines and learning strategies
- Flexible arrangements for medical appointments where possible
- Regular updates and communication about your child's attendance

8. Why attendance matters:

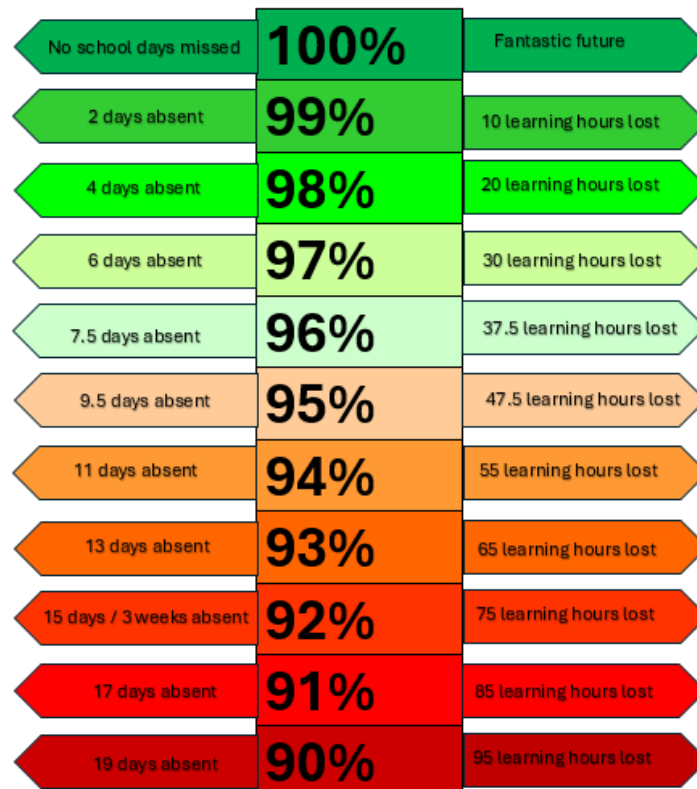
The Department for Education expects all children to attend school regularly, aiming for **96% or higher**. The table below shows why attendance matters.

Attendance Matter



Achievement is directly linked to attendance.

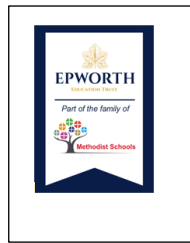
Children with high levels of attendance make better progress and achieve better in examinations. Where a child does not attend school, they miss out on significant hours of learning opportunities (broadly calculated as 5 hours for every two sessions missed) which are unlikely to be covered again.





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Children who fall below 90% attendance are classified as persistently absent, which can significantly affect their learning progress, social development, and wellbeing. Persistent absence may lead to fines or legal action, but our priority is working with families to avoid this. Together, we can make sure every child gets the best start.

Thank you for your support in helping your child attend school every day they can. If you need any help or advice, please get in touch - we're always here for you.

Warm regards,

Mrs S Taylor

Head of School