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"A good school at the heart of the community"

Newsletter – Friday 24th February 2017

Dear parents, carers, families and friends,

This week's newsletter has a health and wellbeing theme.

You'll remember that in a newsletter earlier this month, I mentioned our new School Nurse, Helen Ball. She is very keen to work with us and with you to support our children. You can get in touch with her directly, as I mentioned before – the number you need is 01530 468570 between 9.30am and 12.30pm.

You might find Helen helpful to talk to about issues around continence, sleep or behaviour at home, for example. She's already been very helpful to several of our families.

If you have any questions about this or any other aspect of school life, please do get in touch. We're always glad to hear from you.

Best wishes,

Ms Harrison and the Heather Primary School

Headlice

We have had a few reports of headlice in school over the last few days, it may be worth having a check regularly at the moment as our "visitors" seem to like us – let's see if we can keep them away for a while.

Sickness

There seems to be a growing number of children with sickness bugs at the moment – it is really important that children are kept at home for 48 hours after their last symptom, this helps to stop the spread and is recommended by Public Health England.



What every Parent needs to know about Sepsis

If your child has any of these symptoms you should take IMMEDIATE ACTION:

- Looks mottled, bluish or pale
- Is very lethargic or
- difficult to wake
- Feels abnormally cold to touch
- Is breathing very fast
- Has a rash that does not
- fade when you press it
- Has a fit or convulsion

**GO TO A&E
IMMEDIATELY
OR CALL 999**

Sepsis is rare in children, but if your child is unwell with a bug or infection, watch your child closely. These symptoms may be signs of sepsis:

TEMPERATURE

- Temperature over 38°C in babies under three months
- Temperature over 39°C in babies aged three to six months
- Any high temperature in a child who cannot be encouraged to show interest in anything
- Low temperature (below 36°C, check three times in a 10 minute period)

BREATHING

- Finding it much harder to breathe than normal – looks like hard work
- Making 'grunting' noises with every breath
- Can't say more than a few words at once (for older children who normally talk)
- Breathing that obviously 'pauses'

TOILET/NAPPIES

- Not had a wee or wet nappy for 12 hours

EATING & DRINKING

- New baby under one month old with no interest in feeding
- Not drinking for more than eight hours (when awake)
- Bile-stained (green), bloody or black vomit/sick

ACTIVITY & BODY

- Soft spot on a baby's head is bulging
- Eyes look 'sunken'
- Child cannot be encouraged to show interest in anything
- Baby is floppy
- Weak, 'whining' or continuous crying in a younger child
- Older child who's confused
- Not responding or very irritable
- Stiff neck, especially when

If your child has any of these symptoms, is getting worse, or is sicker than you would expect (even if their temperature falls), trust your instincts and seek medical advice urgently from NHS 111.