



No Nuts or Peanuts

Please can we remind everyone that we are a nut/peanut free school. We have several children and staff who are severely allergic and as such we ask that you don't place these items in your child's lunchbox. Thank you for your support and understanding with this.



Medication in school

Please can we remind everyone about our Medication in School policy - full policy is available in the policies section on our school website (www.stluke.sch.je).

Please note that requests for the administration of Calpol or Nurofen will only be considered for pain relief. If a child requires this type of medication for other reasons (e.g. to reduce a temperature) school will question if the child is well enough to be in school. Thank you for your understanding with this.

Public Health

We have received the following statement from Public Health. I appreciate it is difficult as we always talk about ensuring your child has good attendance! However, in times like these it is important that if children are unwell (for example have a temperature) that they are at home.

Parents are encouraged to keep their children off school if they are unwell and look out for symptoms of flu like illnesses as the new school term starts.

Typical symptoms include:

- fever
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)

Flu activity has increased locally and is expected to rise further in the coming weeks. Vaccination is the most important defence there is against flu like illnesses. Parents whose children missed out on the nasal flu vaccine programme in the autumn are urged to speak to their GP to ensure their children are best protected.

Maintaining good hygiene, including washing hands regularly with soap and water and catching coughs and sneezes in a tissue and disposing of it carefully is important in stopping the spread of viruses.

