

15th November 2021

Dear Parent/Guardian,

We have been made aware of some flue cases here at Trotters Stop. We are therefore asking parents to be extra vigilant with your children at this time and if there are any concerns to please keep your child at home and make an appointment with your Doctor if necessary.

As with all other coughs and colds we ask that your child remains at home until they are 24 hours symptom free without medication.

If your child is going to be off sick, we would ask you to contact us before 08.30am and advise us of the reason. This helps us to inform other parents of any potential infections within the class and quickly identify if there are any other children who may have the same infection.

We would also ask you to provide us with any medical reports as soon as they are provided to you. It is mandatory to put mask when your child is in the school. All classrooms are airconditioned and our teachers are well equipped with extra face masks, tissues, and hand sanitisers. Our teachers consistently monitoring and reminding children to drink plenty of water.

Although this email has focused specifically on Influenza A, there are of course other infections the children will suffer from so we would always follow the same protocol as above.

The most important thing is to break the chain of infection and keep the children healthy.

Parents are requested to send two bottles of water to school. Please increase the intake of vegetables and fruits so that children get plenty of minerals for their body to boost their immune system.

It has been noticed that some children in Early Childhood still bring sweet biscuits and crisps in their boxes and most of the time the box is full.

From now on we are going to remove extra biscuits and crisps from their boxes and return to the parents. Instead, you can put some dates which is the better option for biscuits and locally made chips as they put normal salt which is not harmful.

It's important to remember that your kids aren't born with a craving for French fries and samosas and an aversion to broccoli and carrots. This conditioning happens over time as they're exposed to more and more unhealthy food choices. However, it is possible to reprogram your children's food preferences so that they crave healthier foods instead.

With these tips, you can instill healthy eating habits without turning mealtimes into a war zone and give your kids the best opportunity to grow into healthy, well-balanced adults.

If you have any queries, please let me know where we will always be happy to assist.

Another humble request to our parents is that some children are misusing the library books and now we have more than 50 damaged books. Pages are twisted, torn, and scribbled all over the book. All these books are ordered from the UK, and we cannot buy here. If your child misuses the book, then you must replace it with the new book.

Christmas is around the corner, and we know that we all have many books and toys at home for our children. If you think your child is bored with them and you are going to replace with the new stuff for your child, then this is the right time to put your old stuff in our CHRISTMAS GOODIES BOX.

Help us to help you.

Many thanks for your assistance.

Best,

Mrs. Poonam Verma
School Head