



MEDICAL TEAM NEWSLETTER

AUTUMN TERM 2, 24-25

December 2024

Dear Parents/Caregivers

Welcome to the Medical Team Newsletter, which we will be issuing every term, with information that we hope will be informative and helpful.

Unfortunately, it's that time of year where we see an increase in illness and absence, and we wanted to remind you of the guidelines for attending school if your child feels unwell.

Norovirus/Sickness Bugs

We have been asked to share information below from the UK Health Security Agency on Norovirus, cases of which are rising at the moment.

[Norovirus: What to do if you catch it and helping to stop the spread - UK Health Security Agency](#)

Please see the NHS link below:

<https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

Any student who has experienced vomiting and/or diarrhoea should not return to school until **48 hours after the last episode**.

Is my child too ill for school?

Please read the information in the link below. If they have a temperature, they should stay home, but should generally come to school if they have a cough or cold and feel well enough.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

If you are reporting an absence, please use one of the following methods:

Online: [studybugs.com](https://www.studybugs.com) - our preferred method

Text: 07860055853

Voicemail: 01273 206874

Medical Conditions

It is vitally important that the school is aware of any medical conditions your child may have, including allergies. If your child has asthma or anaphylaxis, you may already have an Action Plan, and we ask that you email a copy of the most recent Plan to: firstaid@blatchingtonmill.org.uk We will shortly be sending out our yearly Google Form to the parents of children with known conditions, and would appreciate you completing this, in order that we have an up-to-date record. If your child has recently been diagnosed with a long term condition, and you haven't notified us, please let us know, using the above email address.

Pain Relief

We have seen a huge increase in students requesting paracetamol for minor issues. We only keep a small supply of paracetamol and they will only be issued in exceptional circumstances, and after verbal consent has been given by a parent/carer. Excessive use of Paracetamol can have a harmful effect.

If your child needs to take pain relief medication on a regular basis, and you would like them to keep it with them, please complete the consent form linked below.

[Consent to carry own medication](#)

If you would like us to retain medication for your child, please email firstaid@blatchingtonmill.org.uk and we will send you a form to complete.

Dehydration

Even as the weather gets colder, it is still important that everyone stays hydrated. Headaches are a common symptom of dehydration, and one of our most frequent medical calls. We still have a large number of students coming to school without a water bottle. Please make sure your child brings one every day, and remembers to fill it up throughout the day.

Family Services Directory

BHCC directory of Services for Young People. A really useful resource for young people and parents/caregivers.

<https://www.familyinfobrighton.org.uk/kb5/brighton/fsdmobile/category.page?familychannel=2&term=&sorttype=field>

We would like to wish you all a happy and safe holiday.

Lisa Goodman, Emma Phillips & Angeline Muca
The Medical Team