



**Uryside School**  
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<http://uryside.aberdeenshire.sch.uk>

Dear Parents/ Carers,

As many of you may already be aware, we have had a significant outbreak of chicken pox – particularly in our P1 classes. There have also been a number of cases of tummy upset and the usual winter common cold circulating. Please can we ask that you take the following steps to limit the spread of these conditions:

- Encourage your children to wash their hands thoroughly before eating, after visiting the toilet, after play.
- Restrict 'play dates' between children if one of them has any sign of any of these conditions.
- Please do not send your child to school if they are showing signs of any of these conditions and follow NHS guidance with regard to management.
- Please see the following links for NHS advice regarding specific conditions:  
Chicken pox - <https://www.nhs.uk/conditions/chickenpox/>

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

**If your child is unable to attend school because they have been sick, they should not return until they are 48 hours symptom free.**

Common cold - <https://www.nhs.uk/conditions/common-cold/>

**The latest advice from the government regarding any persistent cough or fever is that children should not return to school for 7 days.**

For any other advice on whether your child should attend school due to illness, please see <https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/>

Uryside School and Nursery has an information document on all manner of common infections and diseases, including incubation periods, please see: <http://uryside.aberdeenshire.sch.uk/wp-content/uploads/2018/08/infection-control-advice.pdf>

Thank you very much for your cooperation in helping us to keep our school community safe and healthy.

Yours Sincerely

Mrs Kim Dodd  
Head Teacher