



**St Cuthbert's
Catholic High School**
Live life in all its fullness

Berrys Lane
Sutton, St. Helens
WA9 3HE

Web: stcuthberts.com
Tel: 01744 678123
Email: hello@stcuthberts.com

Headteacher:
Mr Stuart Holland BA (Hons) QTS

17 December 2024

Dear parents/carers

We have been asked by the Local Authority to share the following information and advice with parent/carers.

Some of our educational settings are currently experiencing increased rates of vomiting, diarrhoea and flu-like illnesses amongst staff and pupils. The St Helens Public Health team would like to ask you to get your child vaccinated against influenza (flu) if you have not already done so and thank you for your continued support in reducing the spread of infection. Children aged 5-14 years currently have the highest rate of flu infection across Cheshire and Merseyside so we would like to take this opportunity to remind parents of how to minimise the spread of flu this winter.

Advice to Parents/Carers

- Please do not send your child to school if they are unwell with a high temperature or have had any symptoms of vomiting or diarrhoea in the past 48 hours
- Minimise close contact between symptomatic children and older or medically vulnerable adults
- Wash your and your child's hands more frequently using soap and warm water, especially after using the toilet, before mealtimes, and after coughing, sneezing, or nose-blowing. Please note, hand sanitizer is not effective against some winter vomiting illnesses.
- If your child has not had their flu vaccine, please book an appointment [see below for booking details].
- If you or your child is unwell and you would like further advice NHS website for information on symptoms, how to treat, and when to seek medical advice. <https://www.nhs.uk/conditions/flu/>

Although the team have already been into the school to provide the flu vaccination, there are still three more opportunities for children to receive their nasal flu vaccine with the school immunisation team at Ashton's Green Clinic on **18th, 19th and 20th December**. If parents would like to book an appointment or receive more information, please call the school immunisation team directly on 01744 415645. Address: 15 Ashtons Green Drive, St Helens, WA9 2AP.

Parents and carers that are eligible for their flu and COVID-19 vaccines who have still not been vaccinated are encouraged to do so as soon as possible. You can go to your local pharmacy or book an appointment using the NHS booking system which closes on 19th December. For more information see <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

Yours faithfully

Mr S Holland
Headteacher

