

# SIR JOHN BARROW SCHOOL



**SUCCESSING, ENJOYING, BELONGING**

**Headteacher:** Miss H Pemberton B.Ed (Hons), NPQH

Argyle Street  
Ulverston  
Cumbria  
LA12 0BD  
Tel: 01229 483960

Email: [admin@sjbarrow.cumbria.sch.uk](mailto:admin@sjbarrow.cumbria.sch.uk)  
Website: [www.sjbarrow.cumbria.sch.uk](http://www.sjbarrow.cumbria.sch.uk)

Dear Parent/carer,

Over the last few days, we have had a number of pupils experiencing vomiting and/or diarrhoea.

In order to reduce the spread of infection, we would like to take this opportunity to remind you of sensible precautions that should be taken to guard against the spread of any virus:

- Good hand hygiene is important to stop the spread of any virus, so please encourage your child(ren) to wash their hands thoroughly using soap and water and dry them after using the toilet, before preparing food and eating. Please note that all our soap dispensers in school contain antibacterial soap.
- Do not rely on alcohol gels as these may not kill any virus.

If your child does succumb to vomiting and/or diarrhoea, then they must be kept away from school for at least 48 hours after the last episode of diarrhoea or vomiting in order to stop the further spread of any virus. However, in line with our safeguarding procedures, please leave a message on the absence line before 9.30, 483960 Option 1 if your child isn't going to be in school with a specific reason.

It is also important that they drink lots of fluids to guard against dehydration.

Further information and advice is available from NHS 111, including an online symptom checker at [nhs.uk](http://nhs.uk)

Yours sincerely

Miss H Pemberton