

ST. ANNE'S CATHOLIC HIGH SCHOOL FOR GIRLS

Act justly, love tenderly, walk humbly with your God

13 January 2023



Dear Parents and Carers,

Re: Help in protecting your child from flu/covid/being unwell

As the winter unfolds it is important to be aware of how to keep ourselves and our children as well as possible. I am writing to make you aware of the simple actions you can take to help protect yourself, family and the wider school community.

1. Hand hygiene

Handwashing is one the most effective ways to stop germs from spreading. Regularly washing hands in soap and warm water for 20 seconds or using hand sanitiser when out and about can help you and your child to stay well and not pass on germs.

2. Sharing is not always caring!

Avoid sharing food e.g. large packets/containers of crisps or sweets.

Avoid sharing the same glass or drinking bottles.

This too helps prevent passing on germs.

3. Catching coughs and sneezes

Using a tissue to catch coughs and sneezes and then binning it before washing your hands with soap and water or hand sanitiser can help to stop infection from spreading.

Teaching children this habit and providing them with tissues will help them to not pass on germs when they are unwell.

4. Get vaccinated

Flu vaccination is still available for all eligible age groups and is the best protection against the virus. Getting your child vaccinated protects them and others they come into contact with.

I hope that the above is helpful and clear. If you have any question, please do not hesitate to contact me on boodraml@st-annes.enfield.sck.uk. Thank you for your ongoing support.

Kind regards,

Leslie Boodram
Director of Resources and Finance

Headteacher: Mrs E Loveland BA (Hons), NPQH

Upper School: Oakthorpe Road, Palmers Green, London N13 5TY
Lower School: 50 London Road, Enfield, EN2 6EL

admin@st-annes.enfield.sch.uk

Tel: 020 8886 2165 Fax: 020 8886 6552
Tel: 020 8366 0514 Fax: 020 8366 1168

www.st-annes.enfield.sch.uk

