



3rd December 2025

Dear parent / guardian,

Re: Recent illness in Benedict Biscop CE Academy

We have been informed that a small number of children who attend **Benedict Biscop CE Academy** have recently reported a number of different common childhood illnesses/symptoms. This letter offers some further information and advice about these, which you may find useful.

Acute respiratory infections

Viruses including COVID, influenza (flu) and RSV are a common cause of illness at this time of year in the community and in schools. They spread easily between people from coughs and sneezes and can live on surfaces for several days.

Most children will have a mild illness and will recover at home without needing treatment. Some people such as young babies, pregnant women and those with underlying health conditions can be more at risk of developing severe illness and should seek prompt medical assessment if they develop symptoms

Children with coughs and colds can return to school when they no longer have a fever and feel well enough to do so. If they have tested positive for COVID they should try to stay at home for three days after they took the test.

The nasal spray flu vaccine is offered to all children (reception to year 11) in school and will help to protect your child and reduce the risk of spreading flu to their family, carers and wider community.

General hygiene advice

The spread of most infectious illnesses is reduced through good hand hygiene. Please help your child to wash their hands frequently with warm water and soap, particularly after using the toilet, after using a tissue to catch a cough or sneeze, and before eating. Particular care should be taken when handling nappies or tissues.

Any soiled clothes, bedding and towels should be washed on the hot cycle of a washing machine and where possible cups, utensils, towels and bedding should not be shared.

Medical advice

Most common childhood illnesses that affect children do not cause serious illness. However, if you are worried about the condition of your child, because, for example they have:

- A rash
- An unremitting fever
- Profuse diarrhoea and vomiting
- Bloody diarrhoea
- Appear drowsy
- Display difficulty breathing

Please take them for urgent medical assessment.

If you are concerned about any of the information in this letter or would like to discuss it further, please contact the team on 0300 303 8596.

Yours sincerely,

North East Health Protection Team