



All Saints CE Primary School and Nursery

www.allsaintscepharmyschoolandnursery.co.uk

'Learning for life, building a firm foundation'

'This is a Good School' Ofsted, December 2019



SC/Lettershome/RainyDays

Rainy Days

Dear Parents / Carers

Sometimes it rains and rains heavily as it did on Monday.



Providing children have the appropriate clothing i.e. coat/anorak with a hood and proper shoes or wellies - they won't come to any harm whilst waiting in the rain for the gates to open, apart from maybe wet feet - which will dry out soon enough once in school.

Colds, flu and chest infections are not caused by getting wet in the rain.

Colds are caused by viruses and easily spread to other people. You're infectious until all your symptoms have gone. This usually takes 1 to 2 weeks.

Colds are spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

For more information visit the NHS website: <https://www.nhs.uk/conditions/common-cold/>

Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first 5 days.

Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

For more information visit the NHS website: <https://www.nhs.uk/conditions/flu/>

Chest infections often follow colds or flu. They are passed to others by

- Not covering your mouth when you cough or sneeze
- Not washing your hands regularly
- Not throwing away used tissues immediately

For more information visit the NHS website: <https://www.nhs.uk/conditions/chest-infection/>

It is suggested that if children have them, wear wellingtons to school and bring shoes to change into. Please ensure your child has suitable coat with a hood and may want to bring an umbrella.

We all get wet in the rain at some time, it's part of life!