



THE CONSORTIUM
ACADEMY TRUST



**THE
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Academy - Chickenpox

Dear Parent/Carer

I am writing to inform you that Chickenpox is circulating in our community. We would like your support in being vigilant with your child to recognise any symptoms developing.

Here is some information about the infection that might be helpful for you and your child:

Question	Information
What is chickenpox?	Chickenpox is common and mostly affects children, but you can get it at any age. It usually gets better by itself after one to two weeks without needing to see a GP.
What are the common symptoms?	The main symptom is an itchy, spotty rash anywhere on the body. Other symptoms can include: <ul style="list-style-type: none"> • a high temperature • aches and pains, and generally feeling unwell • loss of appetite
How is the infection spread?	People can become infected in several ways, including: <ul style="list-style-type: none"> • contact with an infected person • contact with contaminated surfaces or objects and then touching eyes, nose or mouth
What can be done to prevent infection?	<ul style="list-style-type: none"> • Wash hands frequently with soap and water, including before eating or preparing food and after toilet use • Thoroughly clean and disinfect contaminated surfaces by using a bleach-based household cleaner • Wash bedding and clothing on high temperatures • Good ventilation of indoor spaces
If my child has symptoms, can they attend school?	Your child will need to stay away from school until all the spots have formed a scab. If your child is feeling poorly, they should stay at home until they are feeling better. If your child has a high temperature, they should stay at home.
Should I contact a GP?	If your child experiences prolonged symptoms or you are concerned at all, contact your GP. If you or your child may be vulnerable to infections, are immuno-compromised or you are pregnant please consult with your GP or midwife if you are concerned. You can contact the NHS by calling 111 or if it is an emergency, dial 999.

Where can I find more information about supporting my child?

It is always important that your child remains hydrated by drinking plenty of fluids such as water.

[Health A to Z - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Direct link to [NHS advice for chickenpox](#)

I hope this information is helpful, thank you for your continued support.

Yours faithfully



Mr V Groak
Headteacher