



**Outwood Academy Hindley**  
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Principal: Mrs Jude Norman

6 October 2025

Dear Parents/Carers,

As we move further into the autumn season and temperatures continue to drop, we are beginning to see a noticeable rise in cases of seasonal illness among our students. Over the past couple of weeks, an increasing number of students have been reporting symptoms such as coughs, colds, sore throats, and in some cases, flu-like illnesses. This pattern is typical at this time of year, but we felt it was important to keep you informed and offer some guidance to help reduce the impact on your child's health and their learning.

We understand that the colder weather often brings a range of respiratory viruses that spread more easily in indoor settings, especially where people are in close contact – such as in school classrooms. With attendance, wellbeing and attainment being so closely linked, we want to work together with parents and carers to keep our students as healthy and supported as possible.

In order to support your child to remain in school where possible, we would like to remind parents that you are welcome to bring in medication such as paracetamol, which can be stored and administered by our trained first aid officer if needed. This can often help alleviate mild symptoms and reduce the likelihood of your child needing to go home early due to feeling unwell. Please note that students are not permitted to carry or self-administer any medication while at school. If you would like to provide medication for your child, please ensure it is clearly labelled and handed in at the school office. Our first aid officer will ensure it is given appropriately and will monitor its use, including informing parents if and when any medication has been administered during the school day.

To help minimise the spread of illness, we are continuing to promote good hygiene practices across the school, including regular handwashing, use of hand sanitiser, and encouraging students to cover their mouths when coughing or sneezing. Classrooms are also being regularly ventilated where possible to improve air circulation.

We kindly ask that you support us by reminding your child of the importance of these practices at home. Ensuring they are dressed appropriately for the colder weather, including a warm coat, hat, and gloves these can also help reduce their risk of falling ill. A nutritious diet, regular sleep, and staying hydrated all contribute to a stronger immune system and better overall wellbeing. Please see the attached leaflet to highlight best hygiene practices to support your child to remain healthy and well.



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In some cases, it can be difficult to decide whether or not your child is fit enough to attend school. For assistance with this, you may wish to refer to the NHS guidance linked below:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

We are closely monitoring attendance and health trends and will continue to do everything we can to maintain a safe and supportive environment for all students. We appreciate your ongoing cooperation and support during this seasonal period. Please remember, your child's health and wellbeing are our top priorities, and we are here to assist you if you have any concerns.

Thank you for your continued support in helping us keep our school community healthy.

Your faithfully

A handwritten signature in black ink, appearing to read 'A Edgar'.

A Edgar  
Assistant Principal