

Vision: To inspire students to become **confident, ethical and compelling** individuals with the aspiration and qualities to shape a **better future for all**.

Values: Respect, Responsibility, Curiosity and Resilience



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Health & Well Being Updates & Guidance for Parents/Carers

Dear Parent/Carers,

Covid

A number of students are coming in to school with what appear to be coughs and colds, however with the news just this week that Gloucestershire has recorded almost 1,000 new Covid cases across the county in the last 24 hours – bearing this in mind, all students who present with any ill health in school will be expected to do a Lateral Flow Test (LFT) in school (in addition to the LFT tests that they are doing on a regular basis) – however, we would expect that as a follow up that parents/carers also book a PCR test – please see link below from the NHS on Covid testing

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/get-tested-for-coronavirus/>

Head Lice

We have been informed of a case of head lice in school. Please check and monitor your child's head.

The following information is provided for you about head lice, even if your child is lice free at this time. Please keep this for reference.

- Headlice can spread from one student to another (& to other household members) by sharing combs, brushes, clothing, and in bedding/towels.
- Head lice can happen to anyone - it is not a sign of poor health habits or being dirty.
- There are many lice treatment shampoos on the market as well as other manual methods of controlling the lice such as lice combs
- Bedding, clothing, and towels should be laundered in very hot water on the same day or evening your child is treated.
- Nits (lice eggs) are tiny, white, pearly eggs that attach themselves to the hair shaft close to the scalp. The nit can be removed manually by pinching between two fingernails and pulling it off the hair shaft, or by using a "nit comb", available in most pharmacies.
- All members of the household need to be checked when there is one case of head lice in your immediate family.
- To reduce the spread of headlice it is recommended that all long hair been securely tied back.
- This is a link to the latest NHS guidance:
<https://www.nhs.uk/conditions/head-lice- and-nits/>

Mental & Emotional Well Being

As you will be aware FHS offers a face to face counselling service for students who are facing emotional and challenging circumstances – however, there is a limited number of students who can access this support and intervention at any one time – below are some of the services that we signpost students/families to, which you might find helpful over half term and beyond:

<https://www.kooth.com/>

<https://www.ghc.nhs.uk/our-teams-and-services/cyp-glos/young-minds-matter/>

<https://happymaps.co.uk/>

In addition, if your child needs support in managing their feelings around bereavement, you find the link below takes you to a range of guidance and support

<https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/>

Yours faithfully

Rachel Edwards (DSL)