



St. Thomas a Becket Nursery School

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Registered Charity No. 1097448

Dear Children, Parents and Carers,

Happy New Year 2022:

We hope you had a wonderful Christmas and enjoyed some precious childhood moments with your children. Whilst we know there will of course be challenges for all of us in the coming year, let us hope that 2022 is a happy and healthy one for all of our nursery families.

Don't forget that we are here to support not only your child, but also you, your child's first and most important carers and teachers. Please do let us know if there is anything you are struggling with that we may be able to assist with, as well as sharing your child's Wow moments of joy with us. Our door is always open to you and we will always make time to listen to any concerns you may have. Please bear in mind that it, is also important for us to understand if there are any significant changes at home as what is happening in your child's personal life will impact on their behaviours and emotions whilst they are at nursery.

Fevers and illness!

What a challenge it sometimes is to navigate through common colds, childhood illnesses and COVID. There is always so much information for us all to sift through for what and what not to do. We are signed up with .Gov.uk to receive all of the latest guidance for Early Years Childcare providers regarding latest COVID good practice. Sickness and diarrhoea is still a clear 48 hours after their last bout of tummy upset before returning to nursery.

We keep a very close eye on the children who can sometimes fall ill within a short time during the nursery day. We thought it might be useful to explain about child fever and why/when we will call you to come and collect your child.

What is a high temperature?

A high temperature is the body's natural response to fighting infections like coughs and colds. A high temperature can lead to a child being very unwell quickly. It's important to get medical help if you need it.

- **A normal temperature in babies and children is about 36.4C**, but this can vary slightly
- **A high temperature is 38C or more.**

Checking a high temperature

Your child might:

- feel hotter than usual when you touch their back or chest
- feel sweaty
- look or feel unwell

Use a digital thermometer, which you can buy from pharmacies and supermarkets, to take your child's temperature.

What the NHS say to **DO** if your child has a high temperature:

- give them plenty of fluids
- look out for [signs of dehydration](#)
- give them food if they want it
- check on your child regularly during the night
- keep them at home
- give them paracetamol if they're distressed or unwell
- **get medical advice if you're worried about your child**

What the NHS say **Do Not Do** if your child has a high temperature:

- X do not undress your child or sponge them down to cool them, a high temperature is a natural and healthy response to infection
- X do not cover them up in too many clothes or bedclothes
- X do not give aspirin to children under 16 years of age
- X do not combine ibuprofen and paracetamol, unless a GP tells you to
- X do not give paracetamol to a child under 2 months or ibuprofen to a child under 3 months or under 5kg
- X do not give ibuprofen to children with asthma

Call 999 if your child:

- has a stiff neck
- has a rash that does not fade when you press a glass against it ([use the "glass test" from Meningitis Now](#))
- is bothered by light
- has a fit ([febrile seizure](#)) for the first time (they cannot stop shaking)
- has unusually cold hands and feet
- has blue, pale or blotchy skin, lips or tongue
- has a weak, high-pitched cry that's not like their normal cry
- is drowsy and hard to wake
- is extremely agitated (does not stop crying) or is confused
- finds it hard to breathe and sucks their stomach in under their ribs
- is not responding like they normally do, or is not interested in feeding or normal activities

Nursery hours:

Children can come to Early Bird club from 8.30am for a small charge of £2.00, or from 8.45am for just £1.00. We have to be very strict about finishing at 3.00pm as this is when we are OFSTED registered until. **We cannot provide childcare after 3pm.**

The Children's day at nursery:

Nursery use 'Tapestry' as their online diary to share children's learning and photos with families. Please continue to view your child's day and communicate with us through this useful App.

We are all looking forward to the next term ahead, and hopefully a little less rain!

With all good wishes, Clare, St Thomas a Becket Nursery Lead.
January 2022