



Mundesley Infant and Junior School

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AIM Federation: Small Schools, Big Opportunities

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Dear Parents and Carers,

I'm writing to let you know that we have had a few cases of Hand, Foot and Mouth Disease at school. It's a common childhood illness, usually mild, and it tends to clear up on its own in 7 to 10 days, so there's no need to worry. However, we completely understand that this might be concerning for you, and we are here to support you.

The first symptoms may include a sore throat, high temperature and a general feeling of being unwell. This is usually followed by mouth ulcers and a rash on the hands, feet and sometimes the bottom or groin. The rash can look like red or pink spots, or darker depending on skin tone, and may turn into blisters.

There is no need to keep children off school once they are feeling better, even if the blisters haven't completely healed. However, if your child is unwell, please keep them at home until they are well enough to return.

To help prevent further spread, we've increased our hygiene measures at school. We're encouraging children to wash their hands more often, especially after using the toilet and before eating, and we're also cleaning shared items and surfaces more regularly. At home, you can help by reminding your child to wash their hands frequently and avoid sharing cups, cutlery or towels if they have symptoms.

If you have any concerns or need advice, please don't hesitate to contact us or speak to your pharmacist for tips on managing symptoms.

Thank you for your continued support. We really appreciate your understanding during this time.

Yours sincerely

Sophie Bugg
Head of School