

January 2026

Dear Parent/Guardian,

Please can you note the following:

Health & Wellbeing Update

1. **Nut Allergy** – products containing nuts should not be brought onto school site.
2. **Asthma** – aerosols and other sprays should not be used or brought on to school site.
3. **Energy drinks** – drinks such as Monster or Red Bull should not be brought on to school site or consumed prior to/during the school day.
4. **Cycle safety** – students who cycle to school should ensure that:

- their bike is in full working order
- they wear a helmet
- they use lights during winter months
- they secure their bike with a lock in the bike shed

5. Medicines

- No medicines should be bought into school unless they are prescribed.
- Students must hand in all prescription medication along with the signed 'Medicine Administering Form' which must be completed and signed by a parent/guardian for each new medication prescribed.
- Paracetamol/Calpol/Antihistamine will now be provided by school as long as the consent form has been signed by a parent/guardian.
- Verbal consent for medication will not be accepted unless in the case of an emergency.
- The school nurse will hold all medications, and we will try to keep the administering of these to break and lunch to avoid disruption to lessons.
- If students decline medication staff will not force the issue.
- Parents will be notified of any medications taken via Smartlog.

6. **Absence from school** – a student's absence should be reported on the first day of absence and prior to the start of the school day. Student absence can be reported in the following ways:

- Via Class Charts – please use this option as standard
- Phone reception on 01730 263119 – if you cannot access Class Charts

Yours sincerely
Mrs Carol Taylor
Assistant Headteacher

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