THE WAY

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A MESSAGE FROM THE COLLEGE NURSE

As we approach the cooler months, we are starting to see cases of Cold and Flu in the College. You can help boost your child's immunity by ensuring they are eating healthy meals and getting enough sleep.

To help us stop the spread of these viruses to other students and teachers, please keep your Child at home if they have any of the following symptoms:

- - Fever
- - Sore Throat, Cough
- - Runny / blocked nose
- - Headache, body aches
- - Fatigue

Children will recover faster if they are encouraged to drink plenty of fluids and allowed to stay home to rest.

It is also a good time to remind your child about the importance of good hygiene:

- - Covering their mouth when they cough
- - Sneezing into their elbow
- - Disposing of used tissue in the bin
- - Washing their hands frequently with soap and water

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College Nurse

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