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*"All children have the right to achieve their full potential"*

7.11.16

Dear Parents & Carers,

**RE: Sickness Bug.**

We have had a number of children absent into the end of last week and continuing today due to the Norovirus bug. We have copied NHS Choices information below for parents which relates to appropriate care and incubation periods. For further information please seek support from a Health Professional.

**'Norovirus, which causes diarrhoea and vomiting, is one of the most common stomach bugs in the UK. It's also called the "winter vomiting bug" because it's more common in winter, although you can catch it at any time of the year.'**

'Norovirus can be very unpleasant but it usually clears up by itself in a few days. You can normally look after yourself or your child at home. Try to avoid going to your GP, as norovirus can spread to others very easily. Call your GP or [NHS 111](http://www.nhs.uk) if you're concerned or need any advice.

The symptoms of norovirus are very distinctive.

You're likely to have norovirus if you experience:

- suddenly feeling sick
- projectile vomiting
- watery [diarrhoea](#)

Some people also have a slight fever, [headaches](#), painful stomach cramps and aching limbs.

The symptoms appear one to two days after you become infected and typically last for up to two or three days.

To help ease your own or your child's symptoms:

- Drink plenty of fluids to avoid [dehydration](#). You need to drink more than usual to replace the fluids lost from vomiting and diarrhoea – as well as water, adults could also try fruit juice and soup. Avoid giving fizzy drinks or fruit juice to children as it can make their diarrhoea worse. Babies should continue to feed as usual, either with breast milk or other milk feeds.
- Take [paracetamol](#) for any fever or aches and pains.
- Get plenty of rest.
- If you feel like eating, eat plain foods, such as soup, rice, pasta and bread.
- Use special rehydration drinks made from sachets bought from pharmacies if you have signs of dehydration, such as a [dry mouth](#) or dark urine.

Norovirus can spread very easily, so you should [wash your hands](#) regularly while you're ill and stay off work or school until at least 48 hours after the symptoms have cleared, to reduce the risk of passing it on.'

Thank you for your continued support.

Miss N Anderson,  
Family Liaison Officer.