Thursday, October 15, 2026

Dear Parents/Carers,

I write to inform you that we have encountered some cases of Hand foot and mouth disease over the past week in some of our classes.

To try to prevent further spread, I am sharing the following information for your attention.

Please use the information outlined in this letter, to check for symptoms of the disease prior to bringing your child into school. If you suspect your child has Hand, foot and mouth disease, please make an appointment to see your GP.

Hand, foot and mouth disease is a common childhood illness that can also affect adults. It usually gets better on its own in 7 to 10 days.

Hand, foot and mouth disease is not the same as foot and mouth disease that affects farm animals.

Check if it's hand, foot and mouth disease

The first symptoms of hand, foot and mouth disease can be:

- a sore throat
- a high temperature
- not wanting to eat

The 2nd stage usually starts a few days later and symptoms can include:

- mouth ulcers, which can be painful
- a raised rash of spots on the hands and feet, and sometimes the groin area and bottom
- The rash of spots can look pink, red, or darker than the surrounding skin, depending on your skin tone. The spots can turn into blisters, which might be grey or lighter than surrounding skin and can be painful.

Symptoms are usually mild and are the same in adults and children.

How to stop hand, foot and mouth disease spreading

Hand, foot and mouth disease is easily passed on to other people. It's spread in coughs, sneezes, poo and the fluid in the blisters. You can get it more than once.

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You can start spreading it from a few days before you have any symptoms, but you're most likely to spread it to others in the first 5 days after symptoms start.

To reduce the risk of spreading hand, foot and mouth disease:

- wash your hands often with soap and water, and children's hands too
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible
- do not share towels or household items like cups or cutlery
- wash soiled bedding and clothing on a hot wash

Staying off school

Keep your child off school while they are feeling too unwell to be on site. As soon as they are feeling better, they can return to school. There is no need to wait until all the blisters have healed.

What we will do

This week we will steam clean the school, and we will be conducting an additional deep clean in affected areas.

I will be briefing staff members on the symptoms of the disease to heighten vigilance. Children will be reminded to wash their hands more regularly during the school day.

Yours sincerely,

Ms McIntosh
Head of School

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