

Thursday 19th March 2026

Hand Foot and Mouth

Dear Parents and Carers,

We would like to inform you that a small number of children in the school have recently been diagnosed with Hand, Foot and Mouth Disease.

This is a common viral illness that mainly affects young children. While it is usually mild and clears up on its own, we want to make you aware so you can look out for any symptoms and help prevent its spread. The illness is spread through close contact, coughing, sneezing, and contact with contaminated surfaces. Good hygiene is the best way to reduce the spread.

Signs and symptoms to watch for include:

- A high temperature (fever)
- Sore throat
- Loss of appetite
- Generally feeling unwell
- Small red spots or blisters on the hands, feet, or around the mouth
- Mouth ulcers, which can make eating and drinking uncomfortable

How you can help:

- Encourage your child to wash their hands regularly with soap and water
- Use tissues for coughs and sneezes and dispose of them promptly
- Avoid sharing cups, utensils, or towels

If your child develops symptoms, please keep them at home while they are feeling unwell. Children can return to school once they are feeling better, even if they still have a rash, as long as they are otherwise well.

If you are concerned about your child's health, please seek advice from your GP or pharmacist.

As a school we are taking all necessary actions to reduce the spread of the illness and thank you for your support in helping to keep our school community healthy.

Kind regards,



Nicky Ross
Headteacher Woodpecker Hall Academy
NSCT Leader of Primary Education