



Mellor News

Issue 5

Working in Partnership

October 2020

We have been asked to share with you letter from Ivan Browne, Director of Public Health regarding the rise in coronavirus cases in Leicester and information regarding what we can all do as a community to keep each other safe. The letter can be viewed [here](#).

NHS flow chart

A flow chart has been created by the NHS to help parents identify when they should or should not be sending children into school. Please have a look at the chart [here](#).

Courteous Parking

Please can we remind parents and carers not to park across resident's driveways, particularly on Bellholme Close and Clarke Street where residents have informed us that this continues to be an issue.

Healthy Pack Lunches

The Children's Food Trust recommends including a piece of food from each of the following categories:

- starchy foods like bread, pasta or potatoes
- fruit and veg, so sticks of cucumber, celery or carrot, alongside a piece of fruit
- meat, fish, eggs and beans - strips of chicken or bean dips
- dairy food such as cheese in a sandwich or a yoghurt or fromage frais
- a drink - milk or water are the best choices for children's teeth



No energy drinks

But foods and drinks high in saturated fat, sugar and/or salt, like crisps and chocolate biscuits, should be avoided, the trust says. Please note that energy drinks are not permitted at school, including on school trips, as these contain high levels of sugar (approximately 11 teaspoons in one 500ml bottle). Please support us in maintaining the health and wellbeing of all of the children at Mellor by encouraging your child to bring water into school.

Flu Immunation - 20th November

COVID-19 will be co-circulating with Flu this winter. To protect the young, elderly and vulnerable in our communities all those eligible for the Flu Vaccine are encouraged to have it.

Your child has been invited to take up the nasal spray flu vaccination. This year, as well as the nasal spray there is also a gelatine-free injectable option, as we recognise that gelatine used in the manufacture of the nasal flu vaccine is a barrier for some parents. If you'd like to opt for this version instead please bear in mind that it may not be as effective as the nasal flu spray and is subject to availability. If you opt for the flu injection

please complete the consent form as normal. On the consent page, select 'No' to the nasal flu and you will be given the option of the flu injection.

Please respond to your invitation for the vaccine by completing the consent form that's been sent from school, so your family can be better protected this winter.

This year flu immunisation will take place during school on **20th November**. Thank you to all the parents who have already completed the consent form online.

Appropriate winter clothes

Now that the weather is becoming colder, please make sure that children come to school in warm clothing - coats, hats, scarves, gloves, socks and winter footwear.