



Queen's Hill Primary and Nursery School

We share a passion for learning

2 Dec 2025

Winter Health

Dear Parent/Carer,

The winter months can bring with them increased chances of common illnesses for us all. To help make sure we stay healthy as we move into the colder months, we wanted to share with you some useful advice and services to support.

Keep their diet healthy

A healthy and nutritious diet with all of the food groups and plenty of fruit and vegetables is really important. Keep your children hydrated by aiming for five cups of water per day.

The [Department of Health](#) advises that all children from the ages of six months to five years are given supplements containing vitamins A, C and D in the form of vitamin drops. This will be especially important for those with fussy eaters but even for those children who do eat a well-balanced diet. This is because it is very difficult to get enough vitamin D from food alone.

Good hygiene habits

Avoiding the germs is the best way to help your child keep well and teaching the importance of hygiene is essential

- ★ Wash hands frequently
- ★ Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands

Keep their sleep routine going

A good night's sleep will help keep your child fighting fit. Adequate rest and sleep is essential for maintaining a healthy immune system.

Queen's Hill Primary School

Kestrel Avenue, Costessey,
Norwich, NR8 5FT

01603 746857

office@queenshill.norfolk.sch.uk





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Help if your child is ill

There are lots of places you can get help if your child is ill. This includes [Just One Norfolk](#), your local pharmacist, your GP and [NHS111 online](#).

Your [local pharmacy](#) can supply prescription-only medicines, including antibiotics and antivirals to treat seven common health conditions without the need to visit a GP. This includes sinusitis, sore throat and earache.

We have 6 paediatric first-aid trained staff across the school site, along with our two Nurture Leads, who are on hand in school to support our pupils' mental and physical health. We will call home and inform you if your child is feeling ill during the school day and we believe it is appropriate for them to be collected early.

Thank you for your continued support

A handwritten signature in black ink, appearing to read 'Matthew Cross'.

Mr. Matthew Cross
Headteacher



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