

St Matthew Academy

St Joseph's Vale, Blackheath, London SE3 0XX

Executive Head: Mr Serge Cefai

Head of School: Ms Miranda Baldwin



19 June 2018

Dear Parents and Carers

Re: Chicken Pox

It has been reported that a pupil at St Matthew Academy has contracted Chickenpox.

As some of our pupils have low immunity, please can you let the school know as soon as possible if you suspect or if your child has Chickenpox. You can let us know by calling reception on 0208 853 6250.

What is chickenpox?

Chickenpox is a common childhood illness. Fever and cold symptoms are often the first signs of illness and are followed by the appearance of the typical rash. The rash starts as small pink bumps, often around the neck, ears, back and stomach. These develop a little water blister, which in turn becomes yellow and oozy and ultimately crusty as it dries. The rash spreads outwards to involve the whole body finally involving the lower arms and legs. People may have only a few spots or may be virtually covered with them. In children it is usually a relatively mild illness however occasionally complications develop.

Why should I be concerned about chickenpox?

Chickenpox can be a devastating infection in people with a seriously weakened immune system (e.g. patients with leukaemia or after organ transplantation). In adults, chickenpox is a much more significant illness than in children and there is a greater risk of complications developing. Chickenpox in pregnancy may cause severe illness and, in the early stages of pregnancy, may result in abnormalities in the baby.

What should I do now?

If your child is normally healthy, chickenpox is likely to be a relatively mild illness and no specific precautions are necessary. Symptoms usually develop 10 to 21 days after exposure. The infected person can spread infection for up to three days before the rash appears and until the last pox is crusted and dry. If your child has a weakened immune system, please contact your child's GP or hospital consultant and let them know that your child may have been exposed.

Can my child stay in school?

Many children with chickenpox are too sick to attend school and are more comfortable at home. Children can spread the infection to others as long as there are any spots, which are not crusted and dried. Children with chickenpox should be excluded from school until scabs are dry; this is usually five to seven days after the appearance of the rash. Children with spots that are crusted and dried can safely attend school. Thank you for giving this your attention. Your GP will be able to answer any further questions that you might have about chickenpox.

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Thank you for your help in this matter.

Yours faithfully



Mrs L Beckley
Head of Primary