



**The Brook Special School**  
Broadwaters Inclusive Learning Community  
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**Deputy Headteacher: Sukina Campos**  
Registered Charity Number: 280180

Monday 18<sup>th</sup> March 2024

Dear Parents/Carers

**RE: Chicken Pox**

There are a couple of cases of chicken pox currently in the school. Please read this letter that explains what it is and how to prevent the spread of this infection.

**Chickenpox is a mild and common childhood illness that most children catch at some point.** It's spread quickly and easily through the coughs and sneezes of someone who is infected. Symptoms appear 14-21 days after exposure

If your child does not appear well or develops any of the symptoms listed below, you are urged to keep your child at home and consult your doctor or clinic regarding treatment.

- 1) Sudden onset of spots, sometimes with a fever. Some children only have a few spots, but in others they can cover the entire body. The spots are most likely to appear on the face, ears and scalp, under the arms, on the chest and stomach and on the arms and legs.

**To prevent spreading the infection, keep children off school until all the spots have crusted over.**

Chickenpox is most infectious from one to two days before the rash starts, until all the blisters have crusted over (usually five to six days after the start of the rash).

If your child has chickenpox, try to keep them away from public areas to avoid contact with people who have not had it, especially people who are at risk of serious problems, such as newborn babies, pregnant women and anyone with a weakened immune system (for example, people having cancer treatment or taking steroid tablets).

Chickenpox in children is considered a mild illness, but expect your child to feel pretty miserable and irritable while they have it. Your child is likely to have a fever at least for the first few days of the illness. The spots can be incredibly itchy. There is no specific treatment for chickenpox, but there are pharmacy remedies which can alleviate symptoms, such as paracetamol to relieve fever and calamine lotion and cooling gels to ease itching.

In most children, the blisters crust up and fall off naturally within one to two weeks.

Yours sincerely

Maureen Duncan  
**Headteacher**

