



## Whitchurch Weekly

School News

2nd Feb  
2024  
Issue 19

### Meet the Team!

**Name:** Bianca Tunstall

**Role:** Learning Support Assistant



**About me:** I was born in London - a 90's baby! I am mixed British/Caribbean and I have two wonderful sons aged 6 and 13. Growing up I loved music and performing, I come from a very musical family - my uncle has a very popular song still played on the radio today! Throughout my childhood and teenage years I lived out my dreams in performing arts qualifying with 13 distinctions, touring the country doing different shows, teaching dance and training at Italia Conti!

**Hobbies and interests:** I love to watch movies and crime series' - and still very much love a musical. I try to keep fit by going to the gym or out locally on long walks. At the weekends and during the holidays I love spending quality time with my family trying new things, experiencing new places and making lots of wonderful memories.

**Best part about my role:** Working in SEND is the most rewarding part of my job and I feel extremely lucky to be a part of children's learning journey. It is a joy to engage with a range of personalities and learn what makes each child so perfectly them - it makes each day something special to look forward to. Creating our Life Skills provision, seeing the progress that children are making as well as the new skills and confidence they are learning is very special. Taking the children on their first trip this year was a huge milestone and I am so excited to see where we head next and how the children continue to develop. Not only do I get to teach these children, but I get to learn from them too!

3MS and  
6MO class  
assemblies  
next week

Tea & Talk  
next Tuesday  
at 9am

Please  
remember  
to book your  
child's lunches  
via ParentPay

See UKHSA  
letter attached  
(please complete  
MMR vaccination  
consent form  
by Monday)

Staff Training  
Day next Friday  
(no children  
in school)



## Dates for your Diary

Monday 5th February

Children's Mental Health Week - 'My Voice Matters'

Tuesday 6th February

Tea & Talk (9am-10am)  
Year 2 visit to Belmont United Synagogue (AM)  
Year 5 Theatre visit to Bentley Wood - 'The Wizard of Oz' (PM)

Whitchurch Pancake Day  
Tuesday 6th February

Wednesday 7th February

Nursery Bring Your Teddy to School and Pyjama Day

Thursday 8th February

Year 3 Roman Day

Monday 26th February

4CM and 4BS visit to The Science Museum

Staff Training Day Friday 9th February (no children in school)

Tuesday 27th February

4XL and 4SF visit to The Science Museum  
3LA and 3NL visit to Canons Park (1pm-3pm)

Wednesday 28th February

3MS and 3SM visit to Canons Park (1pm-3pm)



Spring half term  
12th to 16th February

6th February - 3MS  
5th March - 2AR  
12th March - 3SM  
19th March - 1CL  
23rd April - Lions  
30th April - Tigers  
7th May - Leopards  
14th May - Jaguars  
21st May - Nursery

Infant Class Assemblies  
Tuesdays  
9.05am

8th February - 6MO  
7th March - 5ET  
21st March - 4SF  
11th July - Year 6

Junior Class Assemblies  
Thursdays  
at 9.05am

# STARS of the Week



Well done to our stars of the week, who have been selected for excellent work and demonstrating our school values

Respect  
Responsibility  
Resilience  
Honesty  
Generosity  
Aspiration

This week's  
Infant Stars

- RRA Tigers** Dina
- RNW Leopards** Zaydan
- RRV Lions** Mariam
- RPS Jaguars** Aarav
  
- 1ST** Saam
- 1BP** Insiya
- 1SM** Ariyan
- 1CL** Azzan
  
- 2HD** Whole Class
- 2KB** Elisabeth
- 2SA** Kiyana
- 2AR** Yousuf
  
- 3NL** Kerima
- 3MS** Sayan
- 3LA** Aashi
- 3SM** Hussain

This week's  
Junior Stars

- 4BS** Ashley
- 4CM** Kian
- 4XL** Melissa
- 4SF** Florin
  
- 5PA** Orzala
- 5SK** Preesha
- 5SC** Kiya
- 5ET** Sienna
  
- 6HH** Whole Class
- 6AS** Ayesha
- 6EH** Goncalo
- 6MO** Selina

Shout out to  
5PA for the best  
attendance  
for the past 3  
weeks!

## Class Attendance this week

<b>Nursery</b>	<b>AM</b> 93.46%		<b>PM</b> 88.17%	
<b>Reception</b>	<b>RRA</b> 83.45%	<b>RNW</b> 74%	<b>RPS</b> 88.97%	<b>RRV</b> 89%
<b>Year 1</b>	<b>1CL</b> 94.33%	<b>1BP</b> 95.33%	<b>1ST</b> 86.67%	<b>1SM</b> 96%
<b>Year 2</b>	<b>2AR</b> 90.36%	<b>2HD</b> 94.33%	<b>2KB</b> 97%	<b>2SA</b> 87.42%
<b>Year 3</b>	<b>3LA</b> 87.33%	<b>3MS</b> 95.17%	<b>3NL</b> 97.67%	<b>3SM</b> 95.33%
<b>Year 4</b>	<b>4CM</b> 96.54%	<b>4SF</b> 98.52%	<b>4XL</b> 94.29%	<b>4BS</b> 92.96%
<b>Year 5</b>	<b>5ET</b> 93.1%	<b>5PA</b> 99.33%	<b>5SC</b> 96.9%	<b>5SK</b> 98.57%
<b>Year 6</b>	<b>6AS</b> 88.08%	<b>6EH</b> 93.67%	<b>6HH</b> 96.21%	<b>6MO</b> 95.36%

This week's  
Attendance  
Stars are  
**5PA!**

Whole  
School  
**92.63%**



### Playground Gate Times / Morning Routine

After half term, the playground gates will be open from **8.35am to 8.55am**. This will allow 5 minutes for children to get to class and be ready to start of their learning at 9am.

Please remember that parents/carers should not be coming onto the playground in the morning. Please do not cut across the playground - walk around to the main playground gate via Wemborough Road. Any Reception children entering via the Marsh Lane gate will be collected by staff.



### Whitchurch Pancake Day

We will be having a special Whitchurch Pancake Day on **Tuesday 6th February**. Pupils taking a school lunch will be able to enjoy pancakes alongside the usual Fruit Tuesday dessert. Please ensure your child's meal for Whitchurch Pancake Day is booked on ParentPay.

*Allergens: Gluten. Although the pancakes do not contain milk and eggs, they are produced in an environment which handles milk and egg).*

### Smart Watches, Fitbits and Football Cards

Please do not send your child to school wearing smart watches or Fitbits. Football cards are also not allowed.

### Children's Mental Health Week - 'My Voice Matters' 5th to 8th February



The theme of this year's Children's Mental Health Week is 'My Voice Matters' is about empowering young people to use their voice - during Children's Mental Health Week and beyond. We are encouraging children to share their voice with others in healthy, rewarding and meaningful ways.

Children have thought about empowering each other in a special assembly and will participate in a range of activities related to the wonderful book **'Have you filled your bucket today?'** - all about happiness through expressions of kindness and appreciation - led by our friends at the Schools' Counselling Partnership.

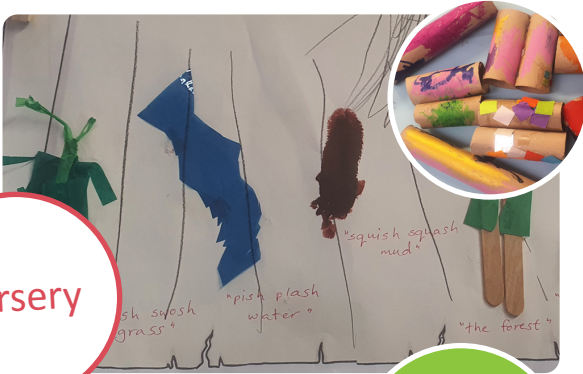
Wristbands will be on sale for £1 in the playground during the week (to raise funds for our therapeutic service)



## Year Group Highlights

### We're Going on a Bear Hunt

In Nursery this week we have enjoyed the story 'We're Going on a Bear Hunt', where we learnt how to retell the story through actions. We made their own maps to go on bear hunt and included descriptions. We also made our own binoculars and had fun going on a bear hunt around the school!



Nursery

Year 1

### Houses

This week in DT, Year 1 explored materials to construct a house for the three little pigs. We worked as a team to build a strong, durable house for the pigs using straw, sticks, cubes, bricks, newspaper and fabric; we think they will like the house made from bricks the most!



Year 2

### Tint and Shade

This week in Art, Year 2 have been exploring tint and shade to support with our Great Fire of London artwork. We gradually added specks of white paint to make colours lighter (tints); similarly we added specks of black paint to make colours darker (shade).



### Penguins

This week Reception have been learning about penguins! First we started by thinking about what we wanted to know about penguins, then we learnt about penguins through non-fiction texts and Google. We used our phonics to write facts about penguins. Did you know a penguin poops every 20 minutes!

Reception







Year 3

Year Group Highlights

### Roman Sculpture

This week in Art, Year 3 have been exploring Roman figurative sculpture. We created our own amazing portraits from clay as if we were Romans, using a range of clay tools and techniques. We enjoyed shaping the clay and adding details!



### Notation

In Music this week, Year 4 have revised pieces with up to five notes (from C-G) and have been learning how to play the low B note, paying attention to fingering and sound quality. We have also been improving our note reading skills including quavers and off-beat rhythms.



Year 4

Year 5

### Jainism

Year 5 welcomed two visitors from the Shrimad Radchandra DivineTouch (SRMD) London Spiritual Centre in Bushey. They kindly gave us a deep insight into Jainism and answered our questions about respecting living things, protecting the planet and the meaning of life for Jains.



### Evolution

This week, Year 6 visited The Natural History Museum to explore evolution. We went on a trail to find Mary Anning's fossils and more information about her. We also looking at natural selection and the work of Charles Darwin.

Year 6





### Reading Corner

#### 'Rumpelstiltskin'

Poor Isabel! The king has locked her in a tower and ordered her to spin straw into gold. It's impossible! Then a mysterious, magical man appears, offering to help... but what does he want in return?

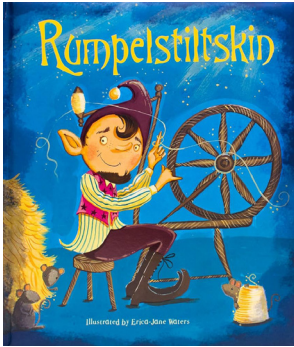


Year 1's topic is 'Happily Ever After' and children have been enjoying reading different fairy tales. In class, we have read the story of 'Rumpelstiltskin'. Year 1 made some lovely predictions on how the story was going to end. The children loved this story and were eager to sing the song the character was singing in the story! We were glad that this story also had a happy ending.

"I loved the part when Prince Hebert saw Rumpelstiltskin singing his name in the forest because he found out his name and rushed back to the castle!" Dua

"I like the part when Isabel found out Rumpelstiltskin name and when Prince Herbert went into the woods to find the little man!" Aaron

"Rumpelstiltskin was thrown into the royal dungeons - that was my favourite part of the story! It was so funny!" Parin



"My favourite part of the story was when it ended happily. They all lived happily ever after!" Ruqayyah



### HMS Guitar Festival

Thirteen of our pupils participated in the Guitar Festival at the Harrow Arts Centre this week. Performing a wide range of pieces of different styles and music traditions and incorporating singing, solo parts, and a rock band in the final performance, our guitarists had a high-standard musical experience and rose to the occasion. Many thanks to our guitar teachers Mr Massey and Mr Mariani - and well done to the following pupils:

Veer (4CM), Saavir, Hriday and Kian (5ET), Adrian and Param (5SC), Yashvir (5PA), Reyansh (5SK), Shivani, Niam and Aryan (6HH), Finley and Viyaan (6MO).





## Harrow 'Fizz Free February'

### Could you and your family give up fizzy drinks in February?

Taking part in 'Fizz Free February' is a great way to improve your health and reduce your sugar intake by consuming less fizzy drinks. It can also help you on your way to drinking less sugary drinks for the rest of the year. More 5 to 9-year-old children are hospitalised due to tooth decay than for any other reason.

### How do I take part in Fizz Free February?

To join in, reduce or give up fizzy drinks for the whole month. Whittington Health NHS Trust will be at Northwick Park Hospital's main entrance on 20th February to participate in 'Fizz Free February'.

### Why should I stop drinking fizzy drinks in February?

Fizzy drinks are the largest single source of sugar for children aged 11 to 18. Cutting out fizzy drinks is an easy way to reduce your sugar intake. Committing to going fizz free for the entire month of February will make it easier to cut down on fizzy drinks for the rest of the year.

### Why is sugar bad for my health?

Excess sugar can lead to tooth decay and weight gain.

### How much sugar should I have?

Sugar should not make up more than 5% of the total energy in your diet. This means the maximum daily amount of added sugar are:

- 4 to 6 years, 5 sugar cubes (19 grams)
- 7 to 10 years, 6 sugar cubes (24 grams)
- 11+ years, 7 sugar cubes (30 grams)



### What can I do to encourage others to drink and eat less sugar?

Challenge your friends to go Fizz Free! You can also encourage your friends and family to make smart sugar swaps using the NHS Better Health for healthier families advice. Don't forget to share all the information on how sugar and fizzy drinks affect your health!

Please refer to the following websites for useful information on reducing your sugar intake.

**NHS - Healthier Families - [www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families)**

**Action on Sugar - [www.actiononsugar.org/sugar-and-health/sugars-and-tooth-decay](http://www.actiononsugar.org/sugar-and-health/sugars-and-tooth-decay)**

**Sugar Smart - [www.sugarsmartuk.org](http://www.sugarsmartuk.org)**

Help to reduce  
your child's  
sugar intake



Support for Families



## Home Start

Are you looking for an opportunity to give back to your community?

Home-Start Barnet Brent and Harrow is looking for volunteers to join their team and help support families with young children. Their prep course (starting on 22nd February) is designed to provide you with the knowledge and skills you need to make a difference in the lives of others.

The course covers a range of topics, including perinatal mental health, child development, communication skills and sage guarding. You'll also learn about the different types of support available to families in need.



By volunteering with Home-Start Barnet Brent and Harrow you'll have the chance to make a real impact in your community and help families thrive. To learn more about the prep course and how you can get involved, visit [www.homestartbarnet.org](http://www.homestartbarnet.org), call Louisa on **07549033433** or email [volunteer@homestartbarnet.org](mailto:volunteer@homestartbarnet.org)

Safer Internet Day next week

Online Safety

## Online Safety - Persuasive Design

Apps and sites are all competing for our attention. Over the years, numerous strategies have been developed which are intended to influence users' behaviour – making us more likely to remain on a site, game or platform for longer periods of time. These techniques are known as 'persuasive design' and can have a particularly profound effect on children and young people.

Despite these tactics' evident effectiveness, there are still plenty of ways to help prevent yourself (and your child) from being psychologically swayed. Please refer to the following links to see the potential risks posed by persuasive design online, as well as some top tips for recognising and reducing its impact on young people's decision making:

[www.instagram.com/nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)  
[www.twitter.com/natonlinesafety](https://www.twitter.com/natonlinesafety)



For more information about Safer Internet Day please see [www.saferinternetday.org](http://www.saferinternetday.org)



For other useful links please see the Online Safety page of our website: [www.whitchurchprimary.harrow.sch.uk/page/online-safety](http://www.whitchurchprimary.harrow.sch.uk/page/online-safety)

Visit the **Support for Families** page of the school website (in the Parents & Community section) for useful workshops and activities

# Spring Menu



Salad bar and bread are available daily

## WHITCHURCH PRIMARY MENU

	WEEK ONE 08/01, 29/01, 26/02, 18/03	WEEK TWO 15/01, 05/02, 04/03, 25/03	WEEK THREE 22/01, 19/02, 11/03
<b>MONDAY</b> MAINS	Cheese & Tomato Pizza, Herby Diced Potatoes & Sweetcorn Cheese & Tomato Pizza, Herby Diced Potatoes & Sweetcorn (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Fruity Mousse	Macaroni Cheese, Garlic Bread & Garden Peas Macaroni Cheese, Garlic Bread & Garden Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Carrot Cookie	Vegetable Curry, Pilau Rice, Naan Bread & Peas (V) Cheese Sub, Herby Diced Potatoes & Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Flapjack
DESSERT			
<b>TUESDAY</b> MAINS	Minced Beef & Onion Pie (H), Mashed Potatoes & Broccoli Cheese & Onion Lattice, Mashed Potatoes & Broccoli (V) Spicy Tomato Pasta with Side Salad (Ve) Fruit Tuesday	Tandoori Chicken Shwarma (H), Diced Potatoes & Sweetcorn Vegetable Nuggets, Diced Potatoes & Sweetcorn (V) Neapolitan Pasta with Side Salad (Ve) Fruit Tuesday	Chicken Tikka Burrito Stack (H), Potato Wedges & Side Salad Falafel Wrap, Potato Wedges & Side Salad (V) Spicy Tomato Pasta with Side Salad (Ve) Fruit Tuesday
DESSERT			
<b>WEDNESDAY</b> MAINS	Chicken Sausage Toad in the Hole(H), Roast Potatoes, Sliced Carrots & Cabbage Vegetarian Toad in the Hole, Roast Potatoes, Sliced Carrots & Cabbage (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Apple Crumble Cake	Roast Turkey (H), Roast Potatoes, Sliced Carrots & Broccoli Cauliflower Cheese Bake, Roast Potatoes, Sliced Carrots & Broccoli (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Jam & Coconut Sponge	Chicken Sausage (H), Mashed Potatoes, Yorkshire Pudding, Sliced Carrots & Green Beans Vegetarian Cottage Pie, Sliced Carrots & Green Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Jelly & Fruit
DESSERT			
<b>THURSDAY</b> MAINS	Turkey Bolognese (H) with Spaghetti & Sweetcorn Vegetarian Bolognese with Spaghetti & Sweetcorn (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Melting Moment Cookie	Beef Lasagne (H), Garlic Bread & Peas Vegetarian Lasagne, Garlic Bread & Peas (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Cherry Triangle Biscuit	Cajun Chicken (H) & Sweetcorn Pizza, Diced Potatoes & Peas Vegetable Pizza, Diced Potatoes & Peas (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Orange Drizzle Cake
DESSERT			
<b>FRIDAY</b> MAINS	Fish Fillet with Chips & Mushy Peas Vegetable Burger, Chips & Mushy Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Pear & Chocolate Sponge & Custard	Fish Fingers, Chips & Baked Beans Vegetarian Sausage Roll with Chips & Baked Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Toffee Apple Sponge & Custard	Fish Cake, Chips & Baked Beans Cheese & Sweetcorn Omelette, Chips & Baked Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Raspberry Oat Slice & Custard
DESSERT			

Allergen Information: Menu descriptions may not list every individual ingredient. We are aware of the presence of allergens requiring labelling, so please ask a member of the catering team should you require any more details. Vegetarian options are indicated by the symbol (V).

COOMBS  
CATERING PARTNERSHIP





## Useful Contacts

Headteacher (Mr J Pine)

[head@whitchurchps.co.uk](mailto:head@whitchurchps.co.uk)

Deputy Headteacher (Mr M Thompson-Lawrie)

[deputy@whitchurchps.co.uk](mailto:deputy@whitchurchps.co.uk)

Assistant Headteacher for Inclusion  
(Mrs D Qudsiyeh)

[sendco@whitchurchps.co.uk](mailto:sendco@whitchurchps.co.uk)

Assistant Headteacher for Early Years  
(Miss N Ward)

[nward@whitchurchps.co.uk](mailto:nward@whitchurchps.co.uk)

Assistant Headteacher for Years 1, 2 & 3  
(Miss G Harris)

[gharris@whitchurchps.co.uk](mailto:gharris@whitchurchps.co.uk)

Assistant Headteacher for Years 4, 5 & 6  
(Mrs K Portou)

[kportou@whitchurchps.co.uk](mailto:kportou@whitchurchps.co.uk)

Year 1 Leader (Mrs S Tezel)

[stezel@whitchurchprimary.harrow.sch.uk](mailto:stezel@whitchurchprimary.harrow.sch.uk)

Year 2 Leader (Miss G Harris)

[gharris@whitchurchps.co.uk](mailto:gharris@whitchurchps.co.uk)

Year 3 Leader (Miss N Lakhani)

[nlakhani@whitchurchprimary.harrow.sch.uk](mailto:nlakhani@whitchurchprimary.harrow.sch.uk)

Year 4 Leader (Mrs B Solanki)

[bsolanki@whitchurchprimary.harrow.sch.uk](mailto:bsolanki@whitchurchprimary.harrow.sch.uk)

Year 5 Leader (Mrs K Portou)

[kportou@whitchurchps.co.uk](mailto:kportou@whitchurchps.co.uk)

Year 6 Leader (Miss H Hogberg)

[hhogberg@whitchurchps.co.uk](mailto:hhogberg@whitchurchps.co.uk)

Our email addresses are in the process of being updated

If you have concerns about your child's safety or behaviour, please contact a member of our leadership team

If you have any general or learning related enquiries, please speak to the class teacher

Family Liaison (Mrs N Chikhlia)

[nchikhlia@whitchurchps.co.uk](mailto:nchikhlia@whitchurchps.co.uk)

Director of Music (Mrs E Leutfeld)

[eleutfeld@whitchurchprimary.harrow.sch.uk](mailto:eleutfeld@whitchurchprimary.harrow.sch.uk)

Music Department

[music@whitchurchprimary.harrow.sch.uk](mailto:music@whitchurchprimary.harrow.sch.uk)

Friends of Whitchurch

[FoW@whitchurchprimary.harrow.sch.uk](mailto:FoW@whitchurchprimary.harrow.sch.uk)

Childcare (Early Birds and Night Owls)

[childcare@whitchurchprimary.harrow.sch.uk](mailto:childcare@whitchurchprimary.harrow.sch.uk)

### School Office

Tel: 020 8951 5380

[office@whitchurchprimary.harrow.sch.uk](mailto:office@whitchurchprimary.harrow.sch.uk)



## School Term Dates 2023-2024

### Spring Term 2024

Spring 1st Monday 8 January to Thursday 8 February  
Half Term Monday 12 February to Friday 16 February  
Spring 2nd Monday 19 February to Thursday 28 March

Staff Training Days Friday 9 February (no children in school)

Holidays during term time are **not** permitted

### Summer Term 2024

Summer 1st Monday 15 April to Friday 24 May  
Half Term Monday 27 May to Friday 31 May  
Summer 2nd Tuesday 4 June to Wednesday 24 July

Staff Training Days Monday 3 June (no children in school)

Bank Holiday Monday 6th May

Term dates are posted on the school website



2024-2025 Term Dates can be viewed on the school website  
[www.whitchurchprimary.harrow.sch.uk/page/term-dates](http://www.whitchurchprimary.harrow.sch.uk/page/term-dates)





UK Health  
Security  
Agency

UK Health Security Agency  
61 Colindale Avenue  
London  
NW9 5EQ

Telephone:  
0300 303 0450  
Email:  
[nwlhpt.oncall@ukhsa.gov.uk](mailto:nwlhpt.oncall@ukhsa.gov.uk)  
Website:  
[www.gov.uk/UKHSA](http://www.gov.uk/UKHSA)  
Twitter: [@UKHSA](https://twitter.com/ukhsa)  
<https://twitter.com/ukhsa>

Thursday 1st of February 2024

HP Zone Ref: 421544

To: Parents/Carers of pupils at Whitchurch Primary School

### **Measles**

Further to our previous letters, I am writing to let you know that further cases of measles have been reported at the school and we are now calling this a measles outbreak.

### **MMR vaccination**

We strongly recommend that all children at the school are up-to-date with their MMR vaccine. Usually, children routinely receive their first dose at one year of age and their second dose from three years four months old.

To help get as many children protected as possible, we are offering free MMR vaccinations at the school on **Wednesday 7<sup>th</sup> February from 9am onwards.**

Any child who attends the school and who has not had 2 MMR doses can have a vaccine at the school at this session. You are welcome to attend the vaccination clinic with your child if you would like.

Please complete the consent form and return it to the school by Tuesday 6<sup>th</sup> Feb using the link below and School Code: **CL131316**

<https://clchschoolimmunisations.co.uk/Forms/MMR>

Paper copies are available with this letter if you prefer to complete on paper.

Please fill this in even if you do not want your child to be vaccinated so that we can monitor the numbers of people who are attending or not.

Please bring your child's red book to the vaccination sessions if you would like them to be vaccinated.

### **Further Information**

In order to stop measles spreading in the school it is important that any child with a fever or rash does not attend school until 4 days after the rash first appears.

Some further information about measles is in the FAQ page below:

If you have any concerns or queries, please do not hesitate to contact North West London Health Protection Team on the above telephone number.

**Yours Sincerely,**



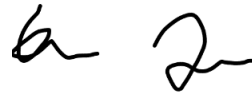
**Alicia Thornton**

**Consultant in Health  
Protection, North West  
London Health Protection  
Team UKHSA**



**Laurence Gibson**

**Public Health Consultant,  
London Borough of  
Harrow**



**Kevin Driscoll**

**Head of Immunisations &  
vaccinations, NHS North  
West London**



UK Health  
Security  
Agency

UK Health Security Agency  
61 Colindale Avenue  
London  
NW9 5EQ

Telephone:  
0300 303 0450  
Email:  
[nw/hpt.oncall@ukhsa.gov.uk](mailto:nw/hpt.oncall@ukhsa.gov.uk)  
Website:  
[www.gov.uk/UKHSA](http://www.gov.uk/UKHSA)  
Twitter: @UKHSA  
<https://twitter.com/ukhsa>

## FAQs

### What is measles?

- Measles is an acute infection caused by the measles virus.

### Who catches measles?

- People can catch measles at any age. It is most common in children aged 1-4 year who have not been immunised.
- Cases and outbreaks often coincide with school terms when there is lots of close contact between children.

### How do you catch measles?

- Measles is caught through direct contact with an infected person through droplets when they speak, cough or sneeze.

### How infectious is measles?

- Measles is very infectious.
- About 9 out of 10 of people will get measles if they live in the same house as someone with measles and have not been immunised or had a past infection.
- People with measles can pass their infection to others from four days before the rash appears until four days after it appears. Even brief contact with someone who has measles may be enough to catch measles if you are unvaccinated.

### What are the symptoms of measles?

- Symptoms typically develop 9–14 days (usually 10 days) after becoming infected.
- First symptoms include cold-like symptoms, e.g. runny nose, cough, red eyes, aches and pains, tiredness, irritability and high fever which may peak at 40°C / 104°F.
- Tiny greyish-white spots (called Koplik's spots) may appear in the mouth and

- Initial symptoms are followed by a red-brown spotty rash, which develops a few days later.
- The rash usually starts behind the ears and spreads over the face, neck and body.
- Spots are initially small but quickly get bigger and often join together.

### **How serious is measles?**

- One million children die from measles worldwide each year.
- Measles is a highly infectious and dangerous illness and can spread easily in schools and nurseries.
- Complications are quite common and may result in going to hospital. They include a severe cough and breathing difficulties, ear infections, viral and bacterial lung infections (pneumonia), and eye infections (conjunctivitis).
- One of the most serious problems is acute encephalitis (inflammation of the brain) and can occur 2-6 days after the rash has appeared. This affects less than 1 in 1000 measles cases, but 25% are left with brain damage.
- SSPE (subacute sclerosing pan-encephalomyelitis) is the most severe complication of measles. It is rare, occurring in less than 1 in 100,000 cases of measles. It usually occurs years after the initial illness and is a slowly progressive degenerative condition of the nervous system which causes death. The MMR vaccine protects against this fatal complication.

### **Who is most at risk of measles infection?**

- Severe disease and complications are most likely in babies under 12 months, and people with a weakened immune system.
- Measles infection in pregnancy can lead to loss or early birth of the baby.
- Some people with weakened immune systems (including children) cannot be given MMR. They include people with cancer, leukaemia, or who take high dose steroids. Measles be deadly for these vulnerable groups but improving uptake of MMR in the community will help protect them.

### **How can you treat someone with measles?**

- There is no specific treatment for measles. The patient should drink lots of clear fluid to replace body water lost through the fever.
- Paracetamol can be used to reduce the fever. Aspirin should NOT be given to children as its use is associated with Reye's syndrome (a severe neurological disorder).
- Children with measles should be closely monitored for complications.
- Consult your GP for medical advice.



### **Can you prevent measles?**

- Measles can be prevented by the highly effective and safe measles-mumps-rubella (MMR) vaccine.
- People weakened immune systems should not be immunised with MMR.
- MMR is not recommended for pregnant women.
- Past infection with measles also gives immunity.
- We advise ensuring that you and your child have had MMR before you travel as measles is more common in some parts of the world than in the UK.

### **How soon should a child be back at school after measles?**

- Measles is most infectious from 4 days before the appearance of rash until 4 days after.
- Children should be kept off school for 5 days after the onset of the rash.

### **What happens if my child has contact with someone who has measles?**

- If your child has had 2 doses of MMR they are very unlikely to catch measles and can continue with their normal day-to day activities.
- If your child has not had one dose of MMR vaccine and someone else in the same house gets measles, they will not be able to go to school for 21 days after contact with the infected person (the time infection can take to develop).
- As there is an outbreak of measles in the school, if your child is unvaccinated, we would strongly advise that they avoid contact with people with pregnant women, babies under 12 months and people who have a weakened immune system.

Further information about measles and MMR vaccine is available from NHS 111, or online:

[Measles - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](http://www.nhs.uk)

There is a video providing from information about MMR from a Somalian Doctor working in the NHS available here: [https://www.youtube.com/watch?v=Rm6Uq-IHH\\_E](https://www.youtube.com/watch?v=Rm6Uq-IHH_E)