

Paston Ridings Primary School
Paston
Peterborough
PE4 7XG
Phone: 01733 762742
Email: admin@pastonridings.peterborough.sch.uk



Headteacher: Mrs J Cook

Deputy Headteacher: Mrs N Harradine
Assistant Headteacher: Miss G Hayes

23rd March 2017

Verrucas

Dear Parents/Carers

It has be brought to our attention that there seems to be an increase in children at the school suffering from verrucas. Verrucas are a type of wart that affect the bottom of the feet and are highly contagious. They can be removed with over-the-counter treatments, but these can be time consuming, painful and don't always work.

To prevent further spreading we are advising that all children wear plimsolls or trainers for PE sessions.

The NHS guidance on verruca prevention is:

- Avoid sharing towels, flannels, shoes and socks with other people
- Keep feet clean and dry
- Change socks everyday
- Not to go barefoot in public places
- Cover verrucas with a waterproof plaster
- Avoid scratching or picking them

If you have any questions then please do not hesitate in contacting us via the school office. Thank you for your assistance with this matter.

Yours sincerely

Mrs J Cook
Headteacher

