



Headteacher Update



2025 - 2026

Rubella (German measles)

I am writing to inform you that we have had a *confirmed case of Rubella (German measles)* within our school community (Year 1).

Please be assured that this information is being shared so that everyone can remain aware and informed — **not to cause alarm**. Rubella is generally a mild illness for most children; however, it is important that we all recognise the symptoms and remain vigilant, particularly to protect individuals for whom rubella may pose more significant risks (such as pregnant people).

Signs and Symptoms of Rubella

Rubella symptoms can vary but commonly include:

- **Mild pink or red rash**, usually starting on the face and spreading to the body
- **Fever**
- **Headache**
- **Swollen lymph nodes**, especially behind the ears or at the back of the neck
- **Runny nose or mild cold-like symptoms**
- **Sore or inflamed eyes**

Signs and Symptoms:

- Rash
- Fever
- Headache
- Swollen lymph nodes



What Parents Should Do

- Please monitor your child for any of the symptoms listed above.
- If your child develops symptoms, they should stay at home and you should seek medical advice.
- If anyone in your household is pregnant or immunocompromised, please consult your GP promptly if exposure is suspected.

We will continue to follow all recommended health guidance and keep you updated if there is any further information.