

Parents' Notes from Matron (Mrs Jane Park, SRN)

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RIDGE HOUSE (for older pupils' notes [click here](#))

SICKNESS

If your son or daughter is ill, please allow 36 – 48 hours after the last of any symptoms of sickness, diarrhoea, contagious conditions or high temperature before allowing them to return to school. If you are unsure contact me.

janepark@brockmarl.org.uk

If your son or daughter appears unwell at the start of the day please keep them at home but do not hesitate to bring them in later if they are clearly fine.

If your son or daughter becomes unwell during the school day a member of Ridge House staff or I will call you.

In the event of an emergency, treatment and care of the pupil will be our priority and someone will call you as soon as possible.

Ridge House parents are asked to fill in a 'medicines form' if they wish their son or daughter to have a particular medicine during the day. These are available on request from the Ridge House staff. This is a legal requirement.

OFF GAMES

Please speak to your son's or daughter's class teacher.

ABSENCE

If your son or daughter is going to be absent from school for any reason, please ring or email me so that we are able to fill in the register correctly.

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NITS

Please be aware that the 'dreaded' nits rear their ugly head very regularly! Some parents use a 'Nitty Gritty' comb everyday and this is working for their children. www.nittygritty.co.uk is highly recommended. I quote (from their website)

"The Nitty Gritty mums will always offer you either a full refund of your purchase price or a brand new replacement – your choice, of course – if you are ever, at any time, less than delighted with the way your Nitty Gritty product performs"

BROCKHURST AND MARLSTON HOUSE

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OFF GAMES

Please remember that a note or an email, stating the reason, is required from parents whose son or daughter needs to be off games. **However**, children frequently feel better as the day goes by and 'games' might well be beneficial rather than otherwise. If you wish to leave me to discuss with your son or daughter whether they feel sufficiently 'better' just before games, then please say so in the note.

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TRAINERS

These must be proper sports trainers, not fashion or canvas shoes. The pupils will not be allowed to play games wearing incorrect footwear.

SHOES

Girls must wear black shoes that give support i.e. with laces or a proper bar strap. **'Pumps with a token strap or ballet-type shoes'** are not allowed for everyday use, though boarders may wear them during the evenings.

There is good evidence that the wearing of shoes providing little or no support may cause damage to a child's future posture.

The schools now use the **Twofeet** shoe company. This company visits school several times each year (the dates are clearly given on the Calendar page of the website). Parents may have their children fitted, order shoes and have them sent to school or home. Links to the Twofeet catalogue and to ordering arrangements are on the Uniform Shop page.

<http://www.brockmarl.org.uk/Power%20cut/Forms%20for%20Parents/Uniform%20Shop.htm>

DAILY UNIFORM

Please check your children's uniform. For instance, many girls and boys have large holes in their elbows and they look very scruffy! **Please could they be repaired or a new jumper purchased?** Boarders should have enough clothes with them to have fresh clothes each day. Their dirty clothes can easily be washed at school if parents would prefer. **Please name all clothing and shoes – including home clothes, socks and underwear**

TOWELS

Every pupil should have a named towel for their games locker (for showers and swimming) and another named towel if they are boarding.

SPORTS CLOTHES AND SHOES/ BOOTS

All children must be equipped every day with the correct sports clothing, correct footwear and full swimming kit as shown in the uniform lists (available from the website under Forms for Parents). Even pupils who are off games sometimes need to change into games kit – for photos etc.

MOUTH GUARDS

GIRLS

These will be fitted for every pupil from Form 6 and upwards by Mr Alberts, who is a qualified dentist, at the end of the summer term. Pupils should take their old one with them (please ensure the mouth guard is at school or that it has been given to Mrs Alberts) and if it still fits correctly they will not need to have a new one fitted.

BOYS

These will be fitted for every boy from Form 6 and upwards by Mr Alberts at the beginning of the autumn term. Pupils should take their old one with them (please ensure the mouth guard is at school) and if it still fits correctly they will not need to have a new one fitted.

PERIODS

Some girls start their periods in Form 3 or earlier and some will not have started before they leave at 13. The schools' biology lessons deal with the changes during puberty in a way appropriate to the age of the pupil and my role in these lessons is to have a fairly informal but structured talk with the girls during each of their senior years (in Forms 3, 2 and 1) and, most importantly, to answer their questions. Nick and I have brought up three daughters of our own here at Brockhurst and Marlston House and I think I empathise with the concerns of both pupils and parents during this period of adolescence. Surgery is, of course, suitably stocked to provide practical assistance if necessary and to offer help and support.

Jane Park

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