



May 2025

Dear Parent /Carer,

It is that time of year when the sun comes out, and the pollen count rises. This can cause streaming nose and eyes, for those suffering with Hay Fever. We are sharing the information with you as Hay Fever symptoms can badly affect student concentration and performance in school. This is particularly important for students in examination years.

- If your child has Hay Fever may we suggest they take antihistamine medication, either prescribed free by GP or purchased from pharmacy or shop, prior to coming to school.
- Hay Fever medication (antihistamines) are proven to be more effective if taken regularly, first thing in the morning.
- GP's mostly prescribe one a day antihistamine, such as Cetirizine or Loratadine, as they do not cause drowsiness. These can be obtained on prescription, or purchased from a pharmacy or supermarket.
- If these are not working well enough and symptoms are still severe, you may want to consider speaking to your GP or pharmacy, as there are very good Hay Fever Nasal Sprays and Eye Drops. Again, these work more effectively when taken regularly.
- School are not allowed to give out Hay Fever medication, unless it has been supplied from home, and parents/carer has completed a school Medicine Consent Form, giving school permission to give the medication, if required (if they forget to take it at home).
- May we also take this opportunity to remind you of the School Policy for the Administration of Medication in school, please see the attached letter.
- Please would you remind your child of what we are allowed to do, to support them with their medical needs in school.

I do hope that you find this information helpful.

Yours sincerely,

Ms S Cox
Headteacher

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