



St Benedict's Catholic High School

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Campus Whitehaven, Red Lonning, Whitehaven, Cumbria, CA28 8UG

Head Teacher: Emma Jackson

28 March 2025

Dear Parents and Carers

Re: Administration of Pain Relief in School

I am writing to inform you of an important update to our first aid provision at St Benedict's school, which will take effect from **Tuesday 22 April**.

The primary focus of our first aid team is to respond to injuries and accidents promptly. We have observed and we have found that the administration of paracetamol is increasingly diverting staff away from these essential duties. Therefore, from the above date we will no longer be providing pain relief in school. If your child requires pain relief, please ensure that this is administered at home.

We also recommend that all students bring a bottle of water with them each day to ensure they have access to a drink throughout the day. There are water fountains available throughout the school where these bottles can be refilled as needed.

Please be assured that any prescribed medication will continue to be administered in school once the appropriate paperwork has been completed. If your child requires prescribed medication during the school day, please contact their year group to arrange this.

This change will be communicated to students, and we appreciate your support in reinforcing this at home. Our priority is always the well-being and safety of our students, and this change will allow us to provide the best possible first aid response when it is genuinely needed.

Thank you for your on-going support.

Yours sincerely

Mrs Sue Savage
Senior Assistant Headteacher (SENDCo and DSL)



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