

Mr Rohan Allen
Head Teacher



Rebecca Cheetham Nursery & Children's Centre
Marcus Street
London
E15 3JT

Tel: 020 8534 3136
Fax: 020 8555 3219

Email: info@rebeccacheetham.newham.sch.uk

18/03/2026

Dear parents/carers,

We hope this finds you well. You will have heard of the **meningitis** alerts in the news and you might be feeling worried or concerned. We have been advised by the council to provide parents/carers with NHS information detailing what the symptoms of meningitis are just so you are aware to help you make informed decisions.

This message is not to alarm you, but more about ensuring you have the right information for you and your family.

“Symptoms of meningitis can appear in any order. Some may not appear at all. In the early stages, there may not be a rash, or the rash may fade when pressure is applied.

You should get medical help immediately if you're concerned about yourself or your child. Trust your instincts and do not wait for all the symptoms to appear or until a rash develops.

Symptoms of meningitis and sepsis include:

- a high temperature
- cold hands and feet
- vomiting
- confusion
- breathing quickly
- muscle and joint pain
- pale, mottled or blotchy skin (this may be harder to see on brown or black skin)
- spots or a rash (this may be harder to see on brown or black skin)
- headache
- a stiff neck
- a dislike of bright lights
- being very sleepy or difficult to wake
- fits (seizures)” NHS <https://www.nhs.uk/conditions/meningitis/symptoms/>

Thank you for reading this and wishing you all health and happiness.

Kind regards,

Rohan Allen

Headteacher



2022-2025

