

8th December 2025

Dear Parent Carers

We have been informed that a student who attends Newbridge School has been diagnosed with mumps, a contagious viral illness. Public health authorities have been notified by health professionals.

What is mumps?

Mumps is an infection that causes painful swelling on the cheeks and neck. It usually gets better within 2 weeks but sometimes it causes other problems. It's important to see a GP if you think you or your child have mumps.

The main symptom of mumps is painful swelling around your cheeks and neck, which gets worse over a few days. This may cause earache, or make it harder to chew, swallow or speak.

The swelling usually starts on 1 side of your face first before appearing on both. Sometimes you may only get swelling on 1 side or not get any swelling at all.

Symptoms to look out for:

- headache
- high temperature
- muscle aches
- feeling tired
- not being as hungry as usual

These symptoms might start a few days before the swelling. It's also possible to have mumps without any symptoms

It's very unlikely to be mumps if you've had both doses of the MMR vaccine or you've had mumps before.

How to avoid spreading mumps

Mumps is caused by a virus that spreads when an infected person coughs or sneezes.

If you or your child have mumps, you can reduce the risk of spreading it by:

- staying at home and avoiding other people if you're ill
- washing your hands often with soap and warm water
- using tissues when you cough or sneeze, and then putting them in the bin
- not sharing towels, bedding, clothes, cups or cutlery
- with mumps you should stay home for five days after swelling begins.

For more information, visit <https://www.nhs.uk/conditions/mumps/>

If you have any questions, please contact the school office on 01905 763580 or via email at enquiries@newbridgeschool.org or your local health providers.

Thank you for your cooperation in helping us keep our school community healthy.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Ian Enwright', written in a cursive style.

Ian Enwright
Executive Head Teacher