



Headteacher Nathalie Fitzgerald

Main Road

Longfield

Kent DA3 7PW

Tel No: 01474 705377

Website: www.rowhill.kent.sch.uk

16th March 2026

Dear Parents/Carers,

We are writing to you with deep sadness following the recent outbreak of meningitis in Kent, which has tragically taken the lives of two young people in our wider community. Our thoughts are with their families and friends at this extremely difficult time.

As a school whose pupils travel from across the county each day, it is essential that we work together to minimise any further risk. We are therefore asking all parents and carers to be especially vigilant for signs of meningitis and sepsis.

Symptoms to Look Out For

According to the NHS, symptoms of meningitis and sepsis can appear in any order and may not all be present. You should seek urgent medical help if you notice any of the following in your child:

- High temperature
- Cold hands and feet
- Vomiting
- Confusion
- Rapid breathing
- Muscle or joint pain
- Pale, mottled or blotchy skin
- Spots or a rash that does not fade when pressed with a clear glass
- Headache
- Stiff neck
- Dislike of bright lights
- Extreme sleepiness or difficulty waking
- Fits (seizures)

Babies may also refuse feeds, be irritable, have a high-pitched cry, appear stiff, floppy or unresponsive, or have a bulging soft spot on the head.

Someone with meningitis or sepsis can deteriorate very quickly, so please trust your instincts and do not wait for all symptoms to appear.

What to Do if You're Concerned

- Call 999 immediately or go to the nearest A&E if you think your child may have meningitis or sepsis.
- If you are unsure whether symptoms are serious, call NHS 111 for urgent advice.

For full NHS guidance on meningitis symptoms, including advice on when to seek medical help, please visit: <https://www.nhs.uk/conditions/meningitis/symptoms/>

We appreciate your cooperation and vigilance in helping protect our school community. If you have any questions or would like to discuss any concerns, please do not hesitate to contact the school.

Yours sincerely,

Nathalie Fitzgerald
Headteacher