

Is My Child Well Enough to Attend School?



Advice to parents and carers on sickness absence

Minor Illness

If your child is unwell on a school day, please contact the school on 01908 533 290, in the morning and before 08:25 and each following day.

Longer Term Absence

If your child is absent for 3 or more days, or is often absent for short spells, the school may ask you to obtain a doctor's note to verify the reason for absence.

Common Sense

Use your common sense when deciding whether your child needs to stay at home. Early morning aches, pains and headaches will often pass with pain relief, so don't keep your child at home just in case – ask yourself if you would take a day of work!

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Raised Temperature – If your child looks or feels shivery, they are unusually cold or hot, they may have a raised temperature. This may be due to a variety of reasons. If your child has a high temperature of 38C or more, they should not be in school.

Cold and Cough – A child may attend school with a minor cold and cough. Please keep them off if they have a fever and until the fever goes.

Sore Throat – if your child has a slight sore throat with no other symptoms, they are fit to come into school. If they also have a temperature they need to stay at home.

Rashes – A rash could be the first sign of one of a number of illnesses – chicken pox, measles. The rash may cover the entire body or in just one area. Please do not send your child to school with an unexplained rash until you have consulted your GP.

Minor aches and pains – if your child has a persistent tooth ache or ear ache, they will need to see their dentist or GP. A child who has a minor headache does not need to be kept at home.

Vomiting and Diarrhoea – if vomiting and/or diarrhoea occurs, we ask that you keep them at home 48 hours from the last episode (Primary age) and 24 hours from the last episode (Secondary age).

To minimise the risk of spreading any 'bugs' around the school please continue to encourage your child to follow good hand hygiene procedures i.e. hand washing etc.

If your child does feel unwell during the school day, they will be assessed to see if they need to be sent home. If this is the case a call home will be made for you to collect them. **Please ensure all contact details are up to date for this purpose.**

Please use the following link for more advice from the NHS:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>