

Some common rules about illness absences



Minor Illness

If your child is unwell on a school day, please always contact school before 9.30am to let them know.

Longer term Absence

If your child is absent from school for 3 or more days, or is often absent for short spells, the school may ask you to present a doctor's note to verify the reason for absence. A letter or email from parents is needed when:

- A child has any condition requiring hospital or surgical care.
- The child returns to school with a cast or stitches
- A child needs restricted PE lessons or playtime activities for more than 3 consecutive days.

In cases of concern, school or parents can ask for advice from the school nurse, who will visit the child either in school or at home.

Common Sense

Use good common sense when deciding whether your child needs to stay at home.

Work on the basis that sick children belong at home and well children belong in the classroom.

Please remember that early morning aches often pass, so don't keep your child at home 'just in case' when they could be learning in class.

If you are not sure, check the guidance in this leaflet. For further advice you could talk to the school nurse, your doctor or NHS direct.

Please make sure that the contact details the school has for you are accurate and up to date.

It is important that school is able to make contact with you during the day if your child is not well enough to stay in school.

Our Contact details
School 01653 658313
School Nurse 01751 472652

Other useful information

NHS Direct - Tel 084554647
Available 24hrs for you to find out more about illnesses, operations, tests and treatments
www.nhsdirect.nhs.uk

Meningitis helpline 08088003344
www.meningitis.org

Minor Illness and School Attendance

A guide for parents



Is my child well enough to attend school?

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To help avoid unnecessary school absences through illness this leaflet can provide a general guide to help parents decide whether their child is well enough to attend school.



Raised temperature

If your child looks or feels shivery, unusually cold or hot, they may have a raised temperature. This may be due to a variety of reasons. If your child has a raised temperature, they should not be in school.

However, your child should be able to return to school 24 hours after they feel and look better.

Cold and Cough

A child may attend school with a minor cold and cough.

However, children with a bad or long-lasting coughs need to stay at home. When the cough is disappearing and the child is feeling better, they need to return to school.

Rashes

A rash could be the first sign of one of childhood's many illnesses, such as chicken pox or measles. The rash or 'spots' may cover the entire body or just appear in only one area.

Do not send a child to school with an unexplained rash or skin eruption until you have consulted your doctor.

Minor aches and pains

If your child has a persistent tooth or ear ache, they need to see a dentist or a doctor without delay.



A child whose only complaint is a minor headache does not usually need to be kept at home.

Vomiting and Diarrhoea

If vomiting occurs, keep your child at home. A child with diarrhoea should also be kept at home. Children should not return to school within 48 hours of vomiting or diarrhoea.

Consult your doctor if your child does not improve as you expect.

Sore throats

If your child complains of a slight sore throat and has no other symptoms, they are fit to go to school.

If the sore throat occurs with a raised temperature, they need to stay at home.