



Our ref: JPE/MBE

10th January 2025

Dear Parents/Carers

GUIDANCE ON SCHOOL ATTENDANCE AND ILLNESS

As with the colder months, we are seeing an increase in absences due to illness within our school community and we would like to clarify when it's appropriate to keep your child at home and how long they should remain absent.

Below, we have compiled a list of common illnesses based on frequently reported reasons for absence. All guidance is derived from NHS recommendations to help you decide when your child is well enough to attend school.

- **Coughs, colds, headaches and stomach aches:** It's usually fine to send your child to school with a minor cough or cold. However, if they have a high temperature, please keep them at home until it subsides. Over-the-counter medication can help manage symptoms.
- **COVID-19:** If your child has mild symptoms (e.g., runny nose, sore throat or slight cough) and feels well, they can attend school. However, if they have a high temperature or test positive for COVID-19, they should stay at home and avoid contact with others for three days.
- **Head lice and nits:** Your child does not need to stay home if they have head lice. Treatment can be done without seeing a GP.
- **Impetigo:** If your child has impetigo, they will require treatment, typically antibiotics from a pharmacist or GP. Keep them at home until the sores have crusted over and healed or for 48 hours after starting antibiotics.
- **Ringworm:** For ringworm, consult a pharmacist, unless it affects the scalp, in which case, see a GP. Your child can attend school once treatment has begun.
- **Scarlet fever:** Scarlet fever requires antibiotic treatment from a GP. Without treatment, your child could be infectious for 2-3 weeks. They can return to school 24 hours after starting antibiotics.
- **Slapped cheek syndrome (fifth disease):** There is no need to keep your child home once the rash appears, as they are no longer infectious at that point.
- **High temperature:** If your child has a high temperature, they should stay home until it has returned to normal. Please send us a photo of the temperature reading for our records.

We encourage parents and carers to send their child to school when minor illnesses can be managed with over-the-counter medication. Since we have a Medical Practitioner on site, if your child's condition worsens during the day, we can assess their symptoms and send them home if necessary.

We hope this guidance helps ensure that children remain in school for a reasonable length while safeguarding the health of our community. Thank you for your attention to this matter.

Yours sincerely

Miss J Perkins
Assistant Headteacher: Attendance and Rewards