

Holywell Primary School



Minor Illness and School Attendance



A guide for parents



Children who attend school regularly are more likely to achieve well at school and reach their full potential.

Missing school disrupts school routines and learning. The most common reason given for children to miss school is illness, however most of the time, childhood ailments can be managed at school.

At Holywell School, we are committed to giving every child the opportunity to reach their full potential and to achieve this, they have to attend regularly. We have noticed that there is a steady increase in the number of children missing school due to assumed illness and we need the support of all parents to help us tackle this trend.

To help avoid unnecessary school absences, we have produced this guide as a general guide to help you decide whether your child is well enough to attend school.

Is my child well enough to attend school?

Many children experience common ailments from time to time. Most of these do not need a prescription, are rarely serious and do not require time away from school. If your child's symptoms improve sufficiently enough for them to be able to attend school with the administration of medication, then this can be administered in school.

Schools may not agree to authorise your child's absence for minor illnesses, and you have a duty to ensure your child is not absent where this can be avoided.





Raised temperature (fever)

If your child looks or feels shivery, usually 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 (over 37.5C), they should not be in school. It is important to measure the temperature accurately with a thermometer.

Colds and Coughs

If your child has a minor cold and/or a cough but does not have a temperature, they should attend school.

If the cough becomes persistent or chronic, your child should be taken to their GP. Once treated or when the cough is controlled or easing, your child can 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 your child to school with an unidentified rash or skin eruption until you have consulted your GP.

Aches and Pains

If your child has a persistent tooth or ear ache, you should consult with a dentist or GP as soon as possible. If your child has any other minor aches or pains including headaches and tummy aches, they should attend school.

If your child complains of minor tummy aches, headaches or other symptoms persistently and there are no other obvious symptoms, it is possible that they may be anxious or worried about something and you should discuss this with your child's teacher, school nurse, or Family Liaison Officer (FLO) for ways of dealing with it.



Vomiting and Diarrhoea

If your child is vomiting or has diarrhoea, **they should not attend school until 48 hours after the last episode of sickness or diarrhoea.** If your child's symptoms persist, you should seek medical advice.

Sore Throat

If your child has a slight sore throat but does not have any other significant symptoms, they can attend school. Over the counter treatments such as throat lozenges can be administered at school.

Lack of Sleep

Your child should not be kept off of school due to tiredness. It is not an illness. It is important you establish a good bedtime routine, ensuring your child has plenty sleep. If you are experiencing difficulties establishing a good bedtime routine or if your child has poor sleep patterns, please discuss this with your child's class teacher or the Family Liaison Officer.

Medical Appointments

Appointments with doctors, dentists and opticians should be arranged outside of school hours wherever possible. If this is not possible, your child should attend school before and/or after their appointments to attain their registration mark.

Medication in School

If your child needs to be given medication during the day, this can be administered at school by a member of staff. You will need to take any medication to the school office where you will be asked to complete a consent form. Medication should not be sent in with your child.

The following table provides guidance on some common childhood illnesses. The information has been taken from Guidance on Infection and Control in Schools and Other Child Care Settings (2014):

Illness	Recommendations
Chicken Pox	Children can return to school once all vesicles have crusted over.
Conjunctivitis	No need to be off school.
Diarrhoea and Vomiting	Children can return to school 48 hours from last episode of diarrhoea or vomiting.
Flu (Influenza)	Children should return to school as soon as they are sufficiently recovered.
German Measles (Rubella)	Keep off school for 4 days from onset of rash.
Glandular Fever	No need to be off school.
Head Lice (Nits)	No need to be off school but treat as soon as possible.
Impetigo	Keep off school until lesions are crusted or healed or 48 hours after first anti-biotics treatment.
Measles	Keep off school for 4 days from onset of rash.
Mumps	Keep off school for 5 days from onset of swollen glands.
Ringworm	Exclusion from school not usually required but treatment is required.
Scabies	Child can return to school after first treatment.
Slapped Cheek (Parvovirus)	No need to be off school once rash has developed.
Threadworms	Children should attend school.
Tonsillitis	No need to be off school.
Warts and Verrucae	Children should attend school.



Health Tips

To ensure your child is happy, healthy and able to participate fully in school activities, your child should:

- ◆ Be registered with a GP
- ◆ Have regular checks with a dentist
- ◆ Have all recommended immunisations and vaccinations
- ◆ Enjoy a healthy diet and exercise
- ◆ Get enough sleep
- ◆ Be regularly checked for head lice


Parents/Carers should:

- ◆ Work closely with lead professionals and others where children have special needs to ensure their needs are met.
- ◆ Try to attend medical appointments outside school hours if possible.
- ◆ Speak to school staff or school nurse if you have any concerns about your child.

General Information

Please remember that early morning aches often pass, so do not keep your child at home 'just in case' when they could be at school learning. If your child has a minor illness/ailment, tell a member of staff so that they can monitor your child and contact you if they deteriorate (please ensure your contact details are kept up to date).

If you or a sibling is ill, alternative arrangements should be made to get your child to school. Family illness is not considered a legitimate reason for school absence. If you are having difficulties with this, please contact the school as we may be able to offer some help or support.



If your child is unwell on a school day, it is your responsibility to contact the school office in the morning and provide the **specific** reason for their absence which is then logged on the class register.

If we have any concerns about your child's absence, we may refer your child to the school nurse and/or you may be asked to present medical evidence to verify the reason for absence.

Contact Details

School Office 01634 388416 (option 1 to report an absence, option 2 to speak to staff).

Email office@holywell.kent.sch.uk