

JOHN T. RICE INFANT AND NURSERY SCHOOL

Guidance on childhood illnesses & school attendance



Good attendance starts from nursery. Children who attend have a better chance at fulfilling their potential, making friends, understanding routines and boundaries and keeping up.

THIS INFORMATION HAS BEEN DIRECTLY TAKEN FROM THE NHS WEBSITE

https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/?utm_medium=email&utm_source=govdelivery

Research shows that **overall absence can have a negative link to attainment**, with every extra day missed associated with a lower chance of achieving 5 or more good GCSEs or equivalent at grades A* to C including in English and mathematics.

2023-2024

Introduction

As a parent, it can be difficult to decide whether or not your child is well enough to go to school. To help avoid unnecessary school absences, John T. Rice has produced this leaflet as a general guide to help you decide whether your child is well enough to attend school when they have a minor illness.

Advice and guidance has been taken from NHS England, The World Health Organisation and Public Health England.

https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/?utm_medium=email&utm_source=govdelivery

Missing lessons is upsetting for children and there is good evidence that children achieve better at school when they have good school attendance rates. Parents have a duty to ensure their child is not absent where this can be avoided. School may not authorise your child's absence for a minor illness if they thought it was not necessary.

When should I keep my child off school?

Your child should only be kept away from school due to illness if they:

1. Have an infectious illness which could spread to other people
2. Need care during school hours that cannot be carried out in school
3. Are so unwell that they are not able to cope with lessons

The NHS website has useful advice here:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/&~:text=It's%20fine%20to%20send%20your,to%20wash%20their%20hands%20regularly.>

If you are not sure, check the guidance in this leaflet. If you are still unsure, contact:

- School
- The school nurse
- A pharmacist or GP

How can you help?

Always contact school if your child is going to be absent due to illness.

Keep school up to date with your contact details in case your child is ill during the school day.

Many children experience common illnesses from time to time. Most of these illnesses do not need a prescription or a visit to your doctor and do not need time away from school. Often treating your child's illness yourself, or with advice and medicines from your pharmacist, can be the quickest and easiest way to deal with it. Please remember that early morning aches and pains often pass, so don't keep your child at home 'just in case' when they could be learning in class.

When you send your child to school with minor aches or pains, tell the school staff and they will phone you if your child continues to have symptoms.

Medicines in school

Your child does not need to be kept at home just because they are taking medicines. A member of staff can give medicines that have been prescribed four times a day, in school. Medicines prescribed three times a day can be given before school at home, when the child arrives back home and then before bed.

School staff can give regular medicines or creams, if a care plan is completed by parents/carers. Please speak to your child's class teacher about this.

Health tips to ensure that your child is happy, healthy and able to participate fully in school activities

Your child should:

- Be registered with a GP and a dentist
- Have regular checks with their dentist and optician
- Have all the childhood immunisations recommended by the Department of Health
- Have a healthy diet and exercise
- Get enough sleep by going to bed on time

Please speak to school staff or nurse at the GP surgery, if you have any concerns about your child.

Guidance and recommended time away from school as per information from NHS

https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/?utm_medium=email&utm_source=govdelivery

Illness	Recommended days off school
Chicken pox	5 days or until spots have scabbed over
Cold sores	0 days
Conjunctivitis	0 days
Diarrhoea or vomiting	48 hours from last episode
Flu	As soon as they have recovered
Glandular fever	0 days
Hand, foot and mouth	0 days
Head lice	0 days (treatment needed at home)
High temperature	Until temperature is controlled/ seek medical advice
Impetigo	48 hours after starting antibiotic treatment
Measles	4 days from start of rash
Molluscum contagiosum	0 days
Mumps	5 days from glands swelling
Ringworm	0 days (treatment needed at home)
Rubella	4 days from start of rash
Scabies	Can return after first treatment
Scarlet fever	1 day after treatment has been started
Slapped cheek	0 days (once rash has developed they are not contagious)
Threadworms	0 days (treatment needed at home)
Tonsillitis	2 days (After starting antibiotic treatment)

Warts/ verrucae	0 days
Whooping cough	2 days (After starting antibiotic treatment)

Guidance on Health protection in schools and other childcare facilities (PHE 2018) & NHS guidance.

Other health concerns

If your child has a long-term illness, you should discuss this with the school. Usually it is possible to arrange medication so that it is not taken during school hours. School staff may need to be made aware of the illness so that if it causes problems while your child is at school, they know how to help.

When a parent or sibling is ill

You should make other arrangements to get any well children to school.

Family/ sibling illness is not considered a good enough reason for children to be absent from school. Developing good family or parent networks can be helpful, as schools will not usually authorise absence due to parental or sibling illness. Please discuss any difficulties with the school, as they may be able to offer support.

Thank you for taking the time to
read this guidance.

Any questions please do ask at the
school office.



Quick links:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/?text=It's%20fine%20to%20send%20your,to%20wash%20their%20hands%20regularly>.

<https://www.nct.org.uk/baby-toddler/your-babys-health/common-illnesses/childhood-illnesses-six-tips-for-how-prevent-them>

<https://www.gov.uk/government/organisations/office-for-health-improvement-and-disparities>

<https://www.nottinghamshire.gov.uk/care/adult-social-care/d2n2-health-and-well-being-hub/parenting>

<https://www.nottinghamshire.gov.uk/care/childrens-social-care/family-services>

https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/?utm_medium=email&utm_source=govdelivery