



Longford
C of E Primary School

Illness and absence

A Parents' Guide
December 2014

Your child's attendance at school is crucial to their education and success in life. When a child has time off school it cannot be 'caught up' and can lead to gaps in their understanding and learning. A child with 90% attendance every year, from Reception to Year 11, will have lost 2 years of their education over that time.

This time of year children are prone to coughs and colds. It can also be difficult to get up on the dark and cold mornings!

When your child is unwell, it can be hard deciding whether to keep them off school. A few simple guidelines can help.

Not every illness needs to keep your child from school. If you keep your child away from school, be sure to inform the school 01722 327292 on the first day of their absence.

Use common sense when deciding whether or not your child is too ill to attend school. Ask yourself the following questions:

- Is your child well enough to do the activities of the school day? If not, keep your child at home.
- Does your child have a condition that could be passed on to other children or school staff? If so, keep your child at home.
- Would you take a day off work if you had this condition? If so, keep your child at home.

Common conditions

If your child is ill, it's likely to be due to one of a few minor health conditions.

Whether you send your child to school will depend on how severe you think the illness is. This guidance can help you make that judgement.

Remember: if you're concerned about your child's health, consult a health professional.

Cough and cold. A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off school, visit the GP and return to school 24 hours after they start to feel better. If your child has a more severe and long-lasting cough, consult your GP. They can give guidance on whether the child should stay off school. Get more information in [Common cold](#).

Raised temperature. If your child has a raised temperature, they shouldn't attend school. They can return 24 hours after they start to feel better. Learn more in [Feverish illness in children](#).

Rash. Rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions shouldn't attend school. If your child has a rash, check with your GP or practice nurse before sending them to school.

Headache. A child with a minor headache doesn't usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms, such as raised temperature or drowsiness, then keep the child off school and consult your GP.

Vomiting and diarrhoea. Children with these conditions should be kept off school. They can return 48 hours after their symptoms disappear. Most cases of vomiting or diarrhoea get better without treatment, but if symptoms persist, consult your GP.

Sore throat. A sore throat alone doesn't have to keep a child from school. If it's accompanied by a raised temperature, the child should stay at home.

For more information look online at

<http://www.nhs.uk/Livewell/Yourchildatschool/Pages/Illness.aspx>