

Illness Guide for Parents

On the occasions that your child is feeling unwell, it can sometimes be challenging to know whether your child is well enough to attend school or whether their illness may spread to others. Please use the simple guide below to assess whether your child is able to come to school.



Come to School



**Come to School,
But Let us Know**



Stay at Home

Please send your child to school if they are experiencing any of the following:

- **Sore throat**
- **Cold**
- **Cough**
- **Feeling tired**
- **Hay fever**
- **Achy or sore limbs**

Children can still take part in learning when experiencing any of the above. Give them medication! if you feel they need it at the beginning of the day.

Their teacher will be available for your child to speak to if they are feeling unwell. We have first aiders on-site for support.

School will always contact you if your child is ill during the school day.

Please send your child to school and inform the office if they are experiencing one of the following:

- **Headache**
- **Feeling sick**
- **Stomach ache**
- **Ear ache**
- **Toothache**
- **Experiencing feelings of anxiety**
- **Twisted, sprained or broken limbs**

Children can still take part in learning when experiencing the above.

Give them medication if you feel they need it at the beginning of the day.

Children can often feel anxious (e.g. worries about class work or possible sanctions) however, we have a highly-skilled learning mentor team in place and we want children to be resilient and overcome these feelings so that they are happy at school. If children are kept at home, these small anxieties may 'snowball' into a larger issue.

If in doubt, contact their teacher or speak to Mrs Wendy Bird or Mrs Gurdish Sian

Unfortunately, there are some rare instances when your child will be too unwell to attend school due to an illness or injury. In the following instances, please keep your child at home:

- **Temperature over 38"**
- **Sickness and diarrhoea**
- **Contagious illness (e.g. chicken pox, impetigo)**
- **Operations/medical treatments**

Medical evidence should be provided to school wherever possible to ensure that the absence is authorised.

If your child is sick or had diarrhoea, they need to stay at home for 48 hours to stop their bug from spreading to others.

Should your child be absent for more than 5 days, we request that you provide supporting evidence from a medical professional.

Please call or text the school office as soon as possible if your child is not well enough to attend school that day.

You should also remain in regular contact with School.