



Springfield Infant School

Minor Sickness and School Attendance

A guide for Parents and Carers

September 2023

INTRODUCTION

At Springfield we take a child's health and well-being seriously. We have produced this leaflet as a general guide to help Parents and Carers decide whether their children are well enough to attend school

Is my child well enough?

High Temperature

If your child looks or feels shivery or is unusually cold or hot, he or she may have a high temperature. There may be various reasons for this. A child with a high temperature should not be in school. However, after feeling and looking better for 24 hours, a child should be able to return to school.

Cold and Cough

A slight cold and cough do not disable a child from attending school. However, children with heavy colds or persistent coughs should stay at home. A child whose cough is disappearing and who is feeling better should 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 appear in only one area. Do not send a child to school with an unexplained rash or skin eruption until you have consulted your doctor and obtained advice.

Minor Aches and Pains

A child with persistent toothache should see a dentist without delay and one with earache should see a doctor without delay. A child whose only complaint is a minor headache does not usually need to be kept at home.

Sore Throat

A child who complains of a slight sore throat and has no other symptoms is fit to go to school. However, a sore throat with a high temperature is an indication that the child should stay at home.

Vomiting and Diarrhoea

If vomiting occurs, your child should stay at home for between 24 to 48 hours and until they can keep food down. A child with diarrhoea should also be kept at home for anything between 24 and 48 hours. Consult your doctor if your child does not improve as you would expect.

Common Sense

Use this when deciding whether your child needs to stay at home. Work on the basis that sick children belong at home and well children belong in class.

Please remember that early morning aches and pains often pass, so don't keep your child at home "just in case" when he or she could be learning in class. If you are not sure, check the guidance in this leaflet.

For further advice you could talk to a member of our Medical team, Mrs Hood, your Class Teacher or your own doctor.

Some common rules about illness absences

Minor Illness

If your child is unwell on a school day, please always contact the School Office before 9.15am to let Staff know.

Longer-term Absence

If your child is absent from School for three or more days, or is often absent for short spells, the Head Teacher may ask you to present a doctor's note to verify the reason for the absence. A letter from a Parent or Carer is needed when:

- *A child has any condition requiring hospital or surgical care*
- *The child returns to school with a cast or stiches*
- *The child needs restricted PE lessons or playtime activities for more than three consecutive days*

In cases of concern, Staff or Parents and Carers can ask for the advice of the School Nurse.

Thank you for your co-operation.

Your Contact Details

Please make sure that the School Office has your up-to-date contact details. It is important that School Staff should be able to contact you during the day if your child is not well enough to stay in school.

Our Contact Details
School Office (01903) 219243
office@springfieldschool.co.uk