



St Mary & St Thomas CE Primary School

A Parent/Carer guide to managing sickness absence from school 23/24

As we all know, children are sometimes too ill to attend school. All schools monitor attendance and engage with parents/ carers as soon as a pattern of absence is identified. This leaflet has been designed to help you decide whether, or not, your child is too unwell to attend school.

Ask yourself these questions:

- **Is your child well enough to go out to play?**
- **Is your child well enough to carry out their daily school activities?**

If you answered **No**, then it is advised you seek advice from NHS Direct or consult your GP if necessary.

- **Does your child have a condition that can be passed on to other children?**
- **Would you take a day off work if you had the same condition?**

If you answered **Yes**, it is advised you seek advice from NHS Direct or consult your GP if necessary.

A number of illnesses can be classified as a minor health condition and whether you send your child to school will depend on how ill you deem your child to be. There are a range of common conditions that occur in school age children, and they all have varying incubation periods based on the guidelines of the Health Protection Agency (HPA). There may be children and staff who are at greater risk to infectious disease who need to be protected where possible.

You can prevent the spread of infections by ensuring routine immunisations, high standards of personal hygiene, particularly hand washing and maintaining a clean environment.

Any health-related enquiries should be directed to your family GP alternatively visit www.nhs.uk or contact the NHS helpline on 111. The helpline is open 24 hours a day 7 days a week.

The following PHE poster overleaf, is very useful for some further guidance:

Do I need to keep my child off school?

Chicken Pox Until all spots have crusted over	Conjunctivitis No need to stay off but school or nursery should be informed	Diarrhoea & Vomiting 48 hours from last episode	Glandular Fever No need to stay off but school or nursery should be informed	Hand, foot & mouth No need to stay off but school or nursery should be informed	Impetigo Until lesions are crusted & healed or 48 Hours after commencing antibiotics
Measles or German Measles 4 days from onset of rash	Mumps 5 days from onset of swelling	Scabies Until after first treatment	Scarlet Fever 24 hours after commencing antibiotics	Slapped Cheek No need to stay off but school or nursery should be informed	Whooping Cough 48 Hours after commencing antibiotics
	Flu Until recovered	Head Lice No need to stay off but school or nursery should be informed	Threadworms No need to stay off but school or nursery should be informed	Tonsillitis No need to stay off but school or nursery should be informed	

Please remember the following:

- If your child attends school and feels unwell during the school day, the school will contact you to arrange for them to be collected.
- Each school has its own process for recording and monitoring of sickness absence. If your child is frequently missing school due to illness, medical evidence may be requested from your GP.
- Always try to inform the school before 9.30 a.m. every day your child is absent from school due to illness.
- By law, only the Head teacher can authorise your child's absence. It is important to keep the school informed if your child is going to be absent that day.