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Dear Parent/Carer

NHS guidance of authorised attendance

Attendance at school every day is essential for students to achieve their full potential. As we enter the autumn/winter months, students can become ill and deciding if your child is too ill for school can be a challenge. To support you in making this decision the NHS has provided clear advice and guidance for all parents/carers.

Link - <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school>

Below is an overview of the guidance:

High temperature

If your child has a high temperature, keep them off school until it goes away.

Feeling anxious or worried

It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache, or have problems eating or sleeping.

Avoiding school can make a child's anxiety about going to school worse. It's good to talk about any worries they may have such as bullying, friendship problems, schoolwork or sensory problems. You can also work with the school to find ways to help them.

If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP or school nurse.

Coughs and colds

It's fine to send your child to school with a minor cough or common cold. But if they have a high temperature, keep them off school until it goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school.

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

What to do if your child has tested positive

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

Sore throat

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of tonsillitis.

If you do keep your child at home, it's important to phone the school each day, letting us know that your child won't be in and give the reason for absence.

Yours faithfully



Mr Ed Gilbert
Assistant Headteacher – Pastoral