



## NEWBOLD SCHOOL

### Sick Children Attending School

*Reviewed: by Mrs J Crissey, Mrs M Jennings and the school's First Aid Team - Sept 2023*

*Ratified by Newbold School Board of Governors October 2023.*

*Next Review: Sept 2026*

**Parents are kindly asked to refer to the guidelines below before sending a sick child to school.**

There are times when it is obvious that your child is simply too unwell to go to school; they are physically weak, in pain or clearly in a condition that would make a day in school too challenging for them, as well as bringing unwelcome germs to their peers. Sometimes in our efforts to get them back to school as quickly as possible, we might not give our children enough time to recover. Here are some easy-to-remember guidelines.

#### **High temperature**

If your child has a raised temperature, they should stay off school. A raised temperature in children is **a reading of 38°C or above** – take a reading, then another an hour or so later in case the first reading was just an abnormal spike. If you need to give your child paracetamol or Ibuprofen (i.e. Calpol/Nurofen), or any other such medicine, in order to make them feel well enough for school, you must keep them at home for 48 hours.

#### **When can they go back to school after experiencing symptoms of illness?**

- 1. Raised temperature:** Children should not return to school until 48 hours after their temperature has returned to normal. If a child shows signs of being feverish during school, we will check his/her temperature. If the child's temperature has risen slightly, we will monitor it and if it continues to rise, (or is 38C or over), we will call the parents to come and collect him/her. In such cases, the child should stay off school for 48 hours after his/her temperature has returned to normal.
- 2. Headache**  
Mild headaches can be caused by feeling a bit upset or tired, and should not be a cause for concern. If your child does not get better when they return home from school at the end of the day, or if the headache gets worse, consult your GP. A mild headache should not require your child to miss school unless it is accompanied by other symptoms. You can also ask for advice from a pharmacist.
- 3. Vomiting and diarrhoea** If your child has vomited or has had diarrhoea, you will need to **keep them off school for 48 hours after the last bout of vomiting/diarrhoea**, even if they appear to feel better after being sick.

However, if your child is feeling slightly sick or has a stomach ache which passes quickly

(without vomiting), keep them rested and send them to school when they feel better. You should, however, flag up any mild concern with the teacher and make sure the school has your contact details in case the symptoms develop further.

Most cases pass with rest and re-hydration, but if your child seems very unwell, contact your GP.

#### 4. Rashes

Some children just get a heat rash, or they scratch an insect bite until it looks quite red and 'angry'. However, in smaller children especially, chicken pox or measles can be a concern. If the rash is all over the torso and appears 'lacey', it could be Fifth Disease (usually called 'Slapped Cheek'). If in doubt, or the rash is accompanied by your child feeling rundown, hot or nauseous, keep your child off school and call your GP before sending them back.

**When can they go back to school?** With Chickenpox, the spots may take a couple of weeks to disappear, but your child is fine to go back to school **once ALL the spots have crusted over and dried up completely**. This tends to be around one week after the first spots appear, but it can vary.

5. Conjunctivitis is extremely contagious and we have found that children pass this on to other children very easily in Early Years. Despite the guidance saying children can attend school, our Policy states that the child should stay at home until the infection has cleared. This will prevent further spread. The pharmacy is a good place to seek advice where over-the-counter treatment can be provided.
6. We follow current Government guidance for children and staff who test positive for COVID 19. The advice is to try to stay at home and avoid contact with other people for three days (children) and five days (staff).

#### Keep in touch with the school

If your child needs to stay at home, call the school office from 8.30am-8.45am to let us know as early as you can that day, or email the Office or class teacher - providing a reason for absence. If the school does not get notification, it will be recorded as an 'unauthorised absence'. We are required to keep trying to contact you (to ensure you are all safe). If we cannot reach you, we are required to make a visit to your home and if you still cannot be contacted, we are required to call the police.

Also, please keep the school up to date with any medical conditions your child may have along with any prescribed medication

If a child shows any sign of being too unwell for school, they will not be admitted to the setting/class. If they are already in school, they will be sent home. If it is apparent over the course of the morning that the child is unwell, then the school will call you to collect your child. You will be required to come promptly.

If a child shows any sign of being too unwell for school do not send them in. It is recommended that children with heavy colds, sore throats and aches etc stay at home, as Early Years children spread germs due to their lack of personal hygiene skills