

# Every day counts ... Your child's attendance matters!

## Should my child stay home from school?

Parents often ask us if their child should be in school. If your child has no temperature but has a cough, cold, headache, earache then as with adults medical advice is to give them paracetamol (calpol, etc) and send them to school. We will always contact you if your child's condition worsens or if we believe it is contagious such as chicken pox, vomiting, etc.

## Preventing or minimizing illnesses – it can be done!

One way to lessen the number of days your child needs to stay home is to prevent the illness in the first place. Childhood immunisations can prevent many diseases, such as measles, mumps, and chicken pox. Many illnesses can also be prevented through proper hygiene.

Some hygiene reminders for your children:

- not to share food
- not to share drinks
- not to share clothing
- to throw away used tissues
- to wash hands frequently using soap or hand sanitizer.



**Catch it, bin it, kill it**



**Hampshire**  
County Council

[www.hants.gov.uk](http://www.hants.gov.uk)

## There are two attendance sessions every day and missing school for a whole day counts as two absences so ...

### Medical/dental/optician appointments

Whenever possible make all medical appointments at the end of the school day or outside school hours. If an appointment is made in school time your child should come to school first and/or return after their appointment. Please be aware that the absence or illness of a pupil should **not** affect the education of their siblings. If a pupil has an appointment (particularly at the beginning or end of the school day) arrangements should be made to ensure that the other sibling is either dropped off or collected from school on time.



### Lack of sleep

If your child has been ill in the night and has had broken sleep, please consider sending them into school in the afternoon with a note. Your child may feel better and they will have the chance to join their friends and find out about homework and learning missed.



### Absent, but able to learn

If your child is absent due to a long term or contagious illness but is able to work at times. Please contact your school to request work. Many schools now have virtual learning platforms (VLE) so you can through the Internet communicate with school and access their classwork.

Our school policy on illness is based on direct advice and guidance from the Department for Education (DfE).

The DfE rule of thumb is "*whether the ailment would keep parents and teachers away from work?*".

Please visit the website if you would like further details:

[www.education.gov.uk/schools/pupilsupport/behaviour/attendance/a0010002/illness-pupils-missing-school-for-medical-reasons-good-practice-guidance](http://www.education.gov.uk/schools/pupilsupport/behaviour/attendance/a0010002/illness-pupils-missing-school-for-medical-reasons-good-practice-guidance)

There is also advice for parents/carers on there too!

### Long term or chronic medical conditions

Please talk to us if your child has a chronic or long term illness as there are a number of ways your child can maintain some education – such as hospital schools or teaching services, home teaching and education centres. We will always aim to support your child in being able to continue some form of education; and we will work closely with you and your child to ensure that we maintain the right balance so your child can keep up whilst checking the type and amount of school work that your child does is appropriate for them and their medical condition.

### So what impact can this have?



Liam is in Year 1 and his attendance rate at school is always around 90%. Liam and his family think this is pretty good!

If Liam continues to attend for only 90% of the time, then over five years he will miss the equivalent of about one-half of a school year.

90% attendance for Liam = 20 days absence (four weeks of school missed).

Two days sore throat – September.  
Five days cold and cough – December.  
Two days dentist – six month check up.  
One day christmas shopping.  
One day upset stomach – March.  
Two days high fever/virus – June.  
Five days unauthorised holiday.  
One day birthday treat.  
One days two doctors appointments.

Type of illness	NHS recommended period to be kept away from school	NHS further advice/comments
Diarrhoea or vomiting	24-48 hours since last episode.	This may vary in each case, please contact school for further advice.
Flu	Until recovered.	
Whooping cough	Five days from commencement of antibiotics or 21 days from onset if no antibiotic treatment.	After treatment non-infectious coughing may continue for many weeks. Vaccination is available.
Conjunctivitis	None.	
Head lice	None if the hair has been treated.	Recommend use of proprietary hair conditioner combed through the hair with a nit comb.
Mumps	Five days from onset of swelling (vaccination).	Mumps in teenage children can cause other serious medical complications.
Thread worms	None.	Treatment is required for the child and household contacts.
Tonsillitis	None.	There are many causes, most are due to viruses and do not need antibiotics.
Chicken pox	Five days from onset of rash or until spots are crusted over – common March to May.	Chicken pox can effect pregnant women if they have not already had the infection – please call school.
Cold sores	None.	Avoid contact with the sores.
German measles	Five days from the onset of rash can be vaccinated against.	If pregnant women or children under 13 months come into contact with German measles they should inform their GP immediately. Please call school.
Hand, foot and mouth	None.	
Impetigo	Until lesions are crusted and healed or 48 hours after starting antibiotics.	Antibiotics can speed the healing process and reduce the infectious period
Measles	Four days from the onset of rash	If a pregnant woman comes into contact with German measles she should inform her GP immediately. Please call school.
Slapped cheek	None – most cases are caught late winter – early spring.	Pregnant women, people with weak immune systems or blood disorders who come into contact with Slapped cheek should contact their GP. Please call school.
Warts and verrucae	None.	Verrucae should be covered in swimming pools, gyms and changing rooms.

For more advice visit please: [www.nhs.uk/Livewell/Yourchildatschool/Pages/Illness.aspx](http://www.nhs.uk/Livewell/Yourchildatschool/Pages/Illness.aspx).