

Parents One Page Guide

When can my child be in school?



Since the pandemic, absence across schools nationally has increased. Many children are missing more school and research has shown that the consequences of this range from gaps widening in disadvantage affecting stability, security and care to missing blocks of knowledge in learning. Catching up then becomes a treadmill and anxieties increase alongside mental health and wellbeing for children.

There has been some guidance from the DFE and NHS recently released because parents and schools have asked for more clarification on when children should be sent in to school. During the pandemic, guidelines were clear. This guidance has been produced to support everyone further answering the question 'Is my child too ill for school?' <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/> and help to reduce the amount of learning lost in schools.

It can be tricky deciding whether or not to keep your child off school when they are unwell.

There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't.

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

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

They give the following advice for other illnesses:

Temperature – A high temperature is 38 degrees or more. If your child has a high temperature, keep them off school until it goes away.

Coughs and Colds – It is fine to send your child into school with a cough or a common cold. However, you should keep them off if they have a fever over 38 degrees. If needed, if you complete the necessary permission form, we can administer over the counter medicines such as Calpol.

Feeling anxious or worried – It is 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 is good to talk about any worries they may have (for example this could be linked to school work, friendship problems, sensory issues). Please get in touch so that we can work together to find ways to help and support your child.

[Find information and advice about how to help children with anxiety](#)

Chicken Pox – If your child has chicken pox, keep them off school until the spots have crusted over. This is usually about 5 days after they start appearing.

Cold Sore – There is no need to keep your child off with a cold sore. Encourage your child not to touch the blister.

Conjunctivitis – You do not need to keep your child off with this. They may come to school but will need advice from the pharmacy.

Head lice – There's no need to keep your child off school if they have head lice, but you will want to gain advice from a pharmacist on how to treat it.

Impetigo – If they have impetigo, they will need treatment from a GP, often with antibiotics. Keep them off school until the sores have crusted over and healed.

Sore throat – There is no need to keep your child off with a sore throat unless they have a temperature too.

Vomiting and diarrhoea – children should stay off for 48 hours after being sick or having diarrhoea.

Covid -19 – Your child is no longer required to do a Covid 19 lateral flow test. If your child has mild symptoms, such as a runny nose, sore throat, or cough, and feels well enough, they can still come to school. They should stay at home if they have a high temperature or do not feel well enough to do their normal activities. If a test is taken and it is positive, they should remain at home for 3 days.

For any minor illnesses like the ones listed above or headaches, sore throats, coughs or hay fever etc, your child can come into school and you can bring medicine to the office for your child to take throughout the day. Please ask for a medical administration form and ensure that it is clearly labelled with your child's name, dosage and time.

We hope this helps you to make decisions about whether your child is well enough to come to school. If you have any questions, we will be happy to discuss them with you.

Please find the full guidance, including information and advice regarding other illnesses here <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>