

30 September 2026

Dear Parents and Carers,

As we move from summer into autumn, and before long into winter, we inevitably see an increase in seasonal illnesses within school. At this time of year, many parents and carers ask whether their child is well enough to attend school.

We understand that this can sometimes be a difficult decision. Following NHS guidance, we have provided some key information below to help you decide whether your child should attend school or remain at home.

As a general rule, if your child is well enough to participate in their normal school day, we would encourage them to attend. If you are ever unsure, it is often best to send your child to school. Our staff will monitor them throughout the day and will contact you if we feel they are too unwell to remain in school.

If your child is absent due to illness, please ensure that you inform the school office on the first day of absence and provide the reason for this.

When should my child stay at home?

High Temperature (Fever)

Children should stay at home if they have a high temperature and return to school when the temperature has returned to normal.

Vomiting and Diarrhoea

Children should remain at home until they have been free from vomiting and diarrhoea for **48 hours**.

Chickenpox

Children should stay at home until all spots have crusted over. This is usually around five days after the spots first appear.

Impetigo

Children should remain at home until sores have crusted over and healed, or until they have been receiving antibiotic treatment for 48 hours.

Measles

Children should stay away from school for at least four days after the rash first appears and should seek medical advice.

Scarlet Fever

Children may return to school 24 hours after starting antibiotic treatment.

Ear Infections

If your child has a high temperature or severe earache, they should remain at home until they are feeling better.

When can my child still attend school?

Coughs, Colds and Sore Throats

Children can usually attend school with mild cold symptoms, coughs, runny noses or sore throats, provided they do not have a high temperature and are otherwise well.

Conjunctivitis

There is normally no need to keep children off school unless they are feeling particularly unwell.

Head Lice

Children do not need to be absent from school. Treatment can be started whilst continuing to attend.

Hand, Foot and Mouth Disease

Children can attend school if they are otherwise well enough to do so.

Cold Sores

Children can continue attending school, although they should avoid sharing cups, towels and other personal items.

Ringworm

Children can attend school once treatment has begun.

Slapped Cheek Syndrome

Once the rash appears, children are no longer considered infectious and can attend school.

Threadworms

Children do not need to be absent from school whilst receiving treatment.

Anxiety and Worries About School

It is normal for children to occasionally feel anxious or worried. Sometimes this may present as headaches, tummy aches or reluctance to come to school.

Avoiding school can sometimes increase anxiety. If your child is experiencing worries about school, friendships, learning, sensory needs or any other concern, please speak to us. We are keen to work in partnership with families to support every child. If concerns continue, advice can also be sought from your GP or School Nurse.

COVID-19

If your child has mild symptoms, such as a runny nose, sore throat or slight cough, and feels well enough, they may attend school. However, if they have a high temperature or are too unwell to take part in normal activities, they should remain at home until they feel better.

Working Together

Thank you for your continued support. Regular attendance is vital for children's learning, progress and wellbeing. By following NHS guidance and working together, we can help ensure that children are safe, healthy and able to make the most of every day in school.

If you have any concerns or are unsure whether your child should attend school, please do not hesitate to contact the school office for advice.

Kind regards,

Graeme Hawes
Headteacher