

Common sense

Use this when deciding whether your child needs to stay at home. Work on the basis that sick children belong at home and well children belong in school! **Please remember that early morning aches often pass, so don't keep your child at home "just in case" when he or she could be learning in class.** If you are not sure, check the guidance in this leaflet. For further advice, you could talk to a member of the office staff, your GP surgery or NHS 111.

Your contact details

Please make sure that the school has these up to date. It is important that school staff can contact you during the day if your child is not well enough to stay in school.

Some common rules about illness absences

Minor illness

If your child is unwell on a school day, always contact the school in the morning before 9am to let our attendance officer know. You can telephone 01622 752102 or email absence@brunswick-house.kent.sch.uk

Longer-term absence

If your child is often absent from school for short spells of illness, we may ask you to present a doctor's note to verify the reason for the absence.

A leave of absence form should be completed for any absence requests made during school time. Evidence of any appointment such as an hospital letter or an appointment card must be attached to the form and be submitted prior to the appointment date so that this can be authorised by Mrs Skinner and added to the school system.

Please remember appointments where ever possible should be made after school hours or during school holiday. **Please do not make routine dental, medical or optician appointments during school hours.**

Children are only in school for 190 days a year, this leaves 175 other days during the year to attend appointments.

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My child is ill should they come to school?



Brunswick House
Primary School

Introduction

There has been a steady increase in the number of children missing school on account of illness.

Sometimes parents and carers are unsure whether their child should attend school or not. To help avoid unnecessary school absences while promoting child welfare, we have produced this leaflet as a general guide to help parents decide whether their children are well enough to attend school.

Is my child well enough?

High temperature

If your child feels shivery or is unusually cold or hot, he or she may have a high temperature. There may be various reasons for this. A child with a high temperature should not be in school. Sometimes after being given Calpol children start to feel better and are then well enough to come to school. In this instance please do bring your child to school if you think they are well enough to be here.

Colds and coughs

A slight cold and a cough does not prevent a child from attending

school. However children with heavy colds who also feel unwell should stay at home. A child whose cough is disappearing and who is feeling better should return to school.

Rashes

A rash could be the first sign of one of childhood's many illnesses, such as chicken pox or measles. The rash or spots may cover the entire body or appear in only one area. Do not send a child to school with an unexplained rash or skin eruption until you have contacted your GP surgery for advice.

Minor aches and pains

A child with persistent toothache should see a dentist without delay and one with earache should see a doctor without delay. A child whose only complaint is a minor headache does not usually need to be kept at home.

Vomiting and diarrhoea

If vomiting occurs, your child should stay at home until he or she can keep food down. A child with diarrhoea should also be kept at home. The rule in school is that if the whole

family have a tummy bug or upset tummy then the child should stay at home for 48 hours after the last episode. However if the child has an isolated bout of diarrhoea and or sickness they can return to school 24 hours after the last occurrence. (Health England recommend 48 hours).

Conjunctivitis

A child with conjunctivitis should get treatment from their doctor or the pharmacist and should attend school as usual.

Head Lice

A child with head lice should be treated for this and then come to school with hair tied back if long. The treatment (conditioner and combing) should be repeated daily for several days to ensure that as eggs hatch, they are combed out of the hair frequently until all are removed.

Threadworm

Children with threadworm should be treated for this condition and attend school as usual. The rest of the family should also seek treatment.