

Special Consideration in School

You need to inform school if your child has had hospital or surgical treatment and is returning to school with stitches or a plaster cast or if they need to restrict their Physical Education lessons, playtimes and lunchtimes. If your child has an on-going illness you may be required to come into school to discuss this, set up a care plan or discuss a referral for Home Tuition.

Prescribed Medication

Sometimes you may keep your child off school because they are taking prescribed medication. In many cases schools are able to help your child take their medicine and prevent unnecessary absence. If your child's medicine is to be taken 3 times a day this can be done before school, after school and before bedtime to prevent any disruption. If your child is taking prescribed medication during school time the medicine must be handed into the school office by you as a parent/carer where you will be asked to complete a form giving details of medication and dosage and authorising a member of school staff to give the medicine to your child.

Informing the School of Minor Illness

If your child is absent due to a minor illness you must contact the school first thing in the morning informing them of the reason for the absence and how long you expect them to be absent. It is helpful if you let the school know the nature of the illness to prevent it being spread to others in the school. On your child's return to school you should inform them of their return confirming the reason for absence.

Medical evidence may be requested to support your child's absence (appointment card, medication, prescription etc.).

School Contact Details

You need to make sure the school has your current contact details including your work, home and mobile numbers, and also an emergency contact.

Help and Advice

For further advice you can talk to a member of school staff or the school nurse. If you need any further medical advice please call NHS 111, visit your local pharmacy, walk-in centre or your GP.

Absence Quick Guide

Child has a medical appointment or is considered too ill to attend school.

Day 1 of absence—Inform school before 9.30am of reason and expected return date of your child., any medical advice given or visits made.

Day 3 of absence—Update the school on your child's progress, any medical advice given and confirmation of when your child will return to school especially if condition worsens.

Day 5 onwards—Update school on your child's progress regularly. Medical evidence may be requested for five days absence or more.

A child who has frequent absence due to illness may be offered a Support Plan or referred to the Education Welfare Service (01482) 392146

NHS 111 Service (24 Hours) 111

School Nurse—Contact through School

School Office 01482 667222

School Absence

- ◇ Guidance for Parents
- ◇ Medical Appointments
- ◇ Illness



This leaflet has been designed to help you make the right choices and advise you on the correct action to take when your child is ill.

Frequent absence is a serious problem for pupils as often much of the work they miss is not made up, leaving those pupils at a significant disadvantage for the remainder of their school career. There is a clear link between poor school attendance and low levels of achievement. Your help and support is required to address this problem as quickly as possible.

At present the main reason for pupil absence from schools within the East Riding is illness. When deciding whether your child is too unwell to attend school ask yourself the following questions:

- ◇ **Is my child well enough to do the activities of the school day?**
- ◇ **Does my child have a condition that could be passed on to other children or staff?**
- ◇ **Would I take the day off if I had this condition?**

Think carefully before keeping your child away from school for medical reasons. If they wake up saying they are unwell, consider whether the symptoms they have mean they need to stay at home. Do not keep your child away from school 'just in case', when they could be in class learning with their friends

If your child requires a medical appointment these should be made outside school hours wherever possible. However, if your child has an appointment during school time please take the appointment card/letter to the school office so your child's absence can be authorised.

Common Conditions

If your child is ill, it is likely to be due to one of a few minor conditions. Whether you choose to send your child to school will depend on how severe you think the illness is. This guidance may assist you

- ◇ **Chicken Pox** Children should be kept at home for 5 days from the onset of the rash.

◇ **Coughs, Colds**

A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, they should stay at home and you should seek medical advice.

◇ **Earache**

Medical advice should be sought.

◇ **Headache**

A child with a headache does not normally need to be absent from school. If the headache is more severe and accompanied by other symptoms, you should seek medical advice.

◇ **Rashes**

Rashes can be the first sign of many infectious diseases. If your child has a rash, check with a pharmacist, practice nurse or GP before sending them to school.

◇ **Toothache**

School attendance should be maintained until your child can be seen by a dentist

◇ **Vomiting and/or Diarrhoea**

Children with these symptoms should be kept at home for 48 hours after their symptoms have gone. If symptoms persist or reoccur medical advice should be sought.

There is **no** reason for your child to be absent from school for minor ailments such as

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| ◇ Athletes foot | ◇ Warts & Verrucae |
| ◇ Ringworm | ◇ Cold sores |
| ◇ Slapped Cheek | ◇ Conjunctivitis |
| ◇ Sore throat | ◇ Hand, Foot & Mouth |
| ◇ Threadworms | ◇ Head Lice |
| ◇ Tonsillitis | ◇ Period Pains |

You should, however, seek treatment for the above ailments.

Confidential medical advice can be sought from 8am onwards in relation to minor ailments from most pharmacies.

Absence for long Periods of time

If your child is absent from school due to illness for more than 3 days or is often absent for short periods, you may be asked for

supporting evidence to confirm the absence. If your child is frequently ill, the school may be able to offer support or advice. If your child has 10 days absence in any one half term you may be asked to attend a meeting in school to discuss this.

More Serious Conditions

◇ **Asthma** If your child has been diagnosed with asthma you will need to inform the school. It is the parent/carers responsibility to ensure the child has an inhaler in school, labelled with their name and is not out of date.

◇ **Broken Bones** School can often make arrangements, following medical advice, for children attending school with broken bones to stay inside where necessary. If your child has a broken bone please contact the school office for advice following medical attention.

◇ **Eczema** Children with eczema can attend school even whilst being treated. Children should only be absent from school on the advice of the GP when the eczema is so severe.

◇ **Glandular Fever** This infection is not caught by day to day contact, therefore your child does not need to stay away unless they feel unwell.

◇ **Impetigo** If your child has or you suspect they have impetigo you must seek medical advice and keep your child away from school until the sores have scabbed over or 48 hours after starting medication.

◇ **Raised Temperature** You can usually identify a raised temperature through your child looking or feeling shivery. There are lots of reasons for a raised temperature and if symptoms persist you should seek medical attention. As soon as your child is feeling better they can return to school.

Remember, if you are concerned about any aspect of your child's health you should consult a health professional. Advice can be obtained from the school nurse, NHS 111, your local chemist, walk-in centre or GP (further details on the reverse of this leaflet.)